

A Message of Hope—Maud Ballington Booth

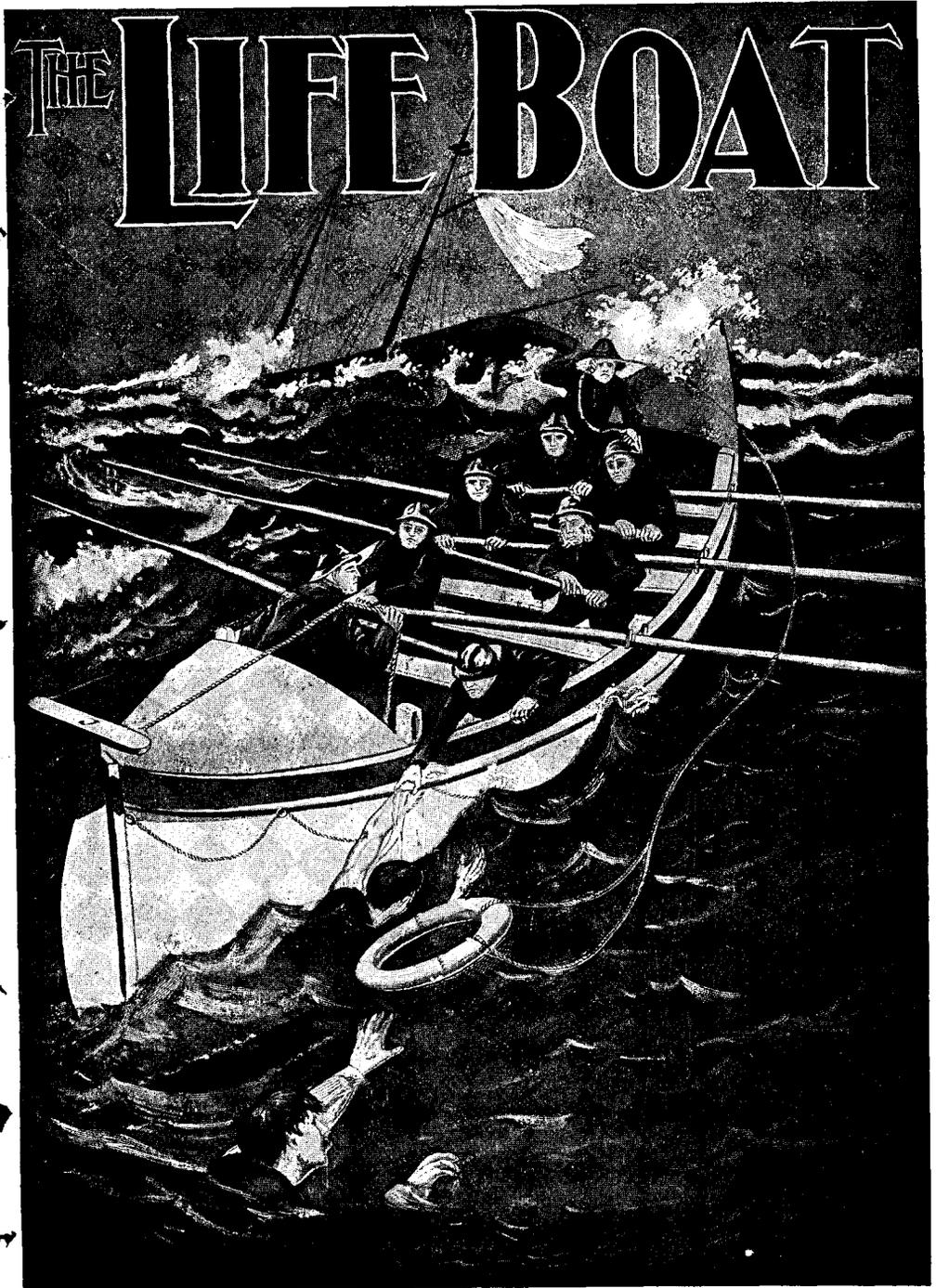
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THE LIFE BOAT

Are you expecting a paragon?—Enrico C. Jones



Give me thine heart—Dr. J. D. Trelllogg

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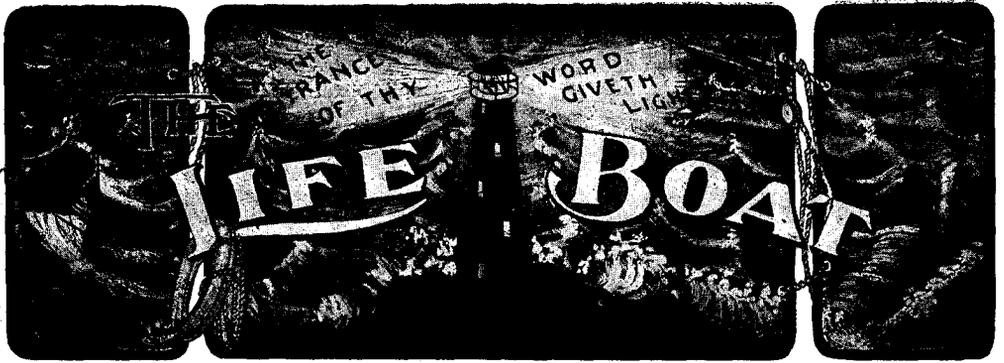


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**An Illustrated Monthly Journal Devoted to Charitable, Philanthropic,
Health and Soul-Saving Work**

Volume VI

CHICAGO, ILL., APRIL, 1903

Number 4

AFTER!

WORTHIE HARRIS HOLDEN.

After midnight comes the dawning,
After darkness comes the morning,
After sinning with its sorrow
Comes the penitent tomorrow.
After yearning, after longing,
Hope is borne thee with the morning,
And the Light from heaven rises,
Brings thee glad and sweet surprises,
If thou leave thy heart's door open
He will enter, and the token
Of this Heavenly Guest will brighten
All thy darkened walls enlighten.
For where Jesus comes to gladden
Prison walls will cease to sadden.
List! He knocketh at the portal,
Bears to thee His life immortal.
Swing thy heart's door open wide,
Bid Him enter and abide.

"MY SON, GIVE ME THINE HEART."

J. H. KELLOGG, M. D.
Supt. Battle Creek Sanitarium.

Young man, did you ever stop to consider what a wonderful thing is that living engine which keeps thumping away in your chest all day long without a moment's intermission, even while you are asleep, never refusing to do its duty, no matter how much you have neglected or abused it?

Did you ever stop to think of the wonderful power behind your heart, which enables it to keep up this incessant activity? It has been estimated that the actual amount of labor performed by the heart in twenty-four hours is equivalent to lifting one hundred and

twenty-four tons one foot high. The same amount of energy would lift a hundred-pound weight to a height of half a mile.

What is the source of all this power? What keeps the heart beating while you are asleep?

The heart is a muscle, like the muscles which bend the arm, and move the other parts of the body. When you strike an object with your fist, you say to the muscle, "Beat" and it beats. The heart works under orders just as does the arm. Your will controls the muscles of your arms. Whose will controls your heart muscle? Can you, by any effort of your will, cause your heart to beat more rapidly or slowly? Can you arrest its movements or increase their force?

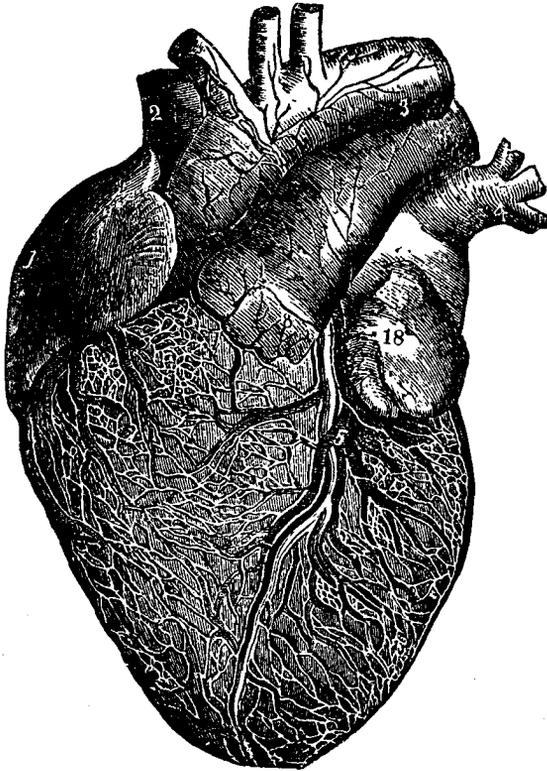
You recognize at once that your heart is controlled by a Will that is stronger than your own, by a Mind that is wiser than yours, by an Intelligence that "neither slumbers nor sleeps." This powerful Will, this wise and sleepless Intelligence which reveals its presence within us by this ceaseless activity, can be nothing more nor less than the Power that made us, our Creator, the great Being who made and maintains all things.

Here is something to think about. If God made the heart and stays with it, keeps it going day and night, to whom does this wonderful engine rightfully belong? When God says, "Son, give me thine heart," he only asks for that which belongs to Him already.

Each heart-beat is an evidence of God's unceasing, thoughtful care for each of us. Upon this faithful, ceaseless action our lives depend, for the heart sends the life-containing blood to the brain, the lungs, the stomach, the liver, the muscles, and to every living part; hence, we see a scientific truth in the declaration of the prophet, "He is thy life." God is the life of man, and when He says, "Son, give me thine heart," that is, "Give me thy life," He only asks for that which already belongs to Him.

All the activities within the body are evi-

dences of God's presence ever with us. This is true of every living man. Man may forget God; he may rebel against Him; he may curse Him; he may hate Him; but God stands by him. He is a friend that "sticketh closer than a brother." Forgetting God and following sin and evil impulses, man may find himself in the very depths of crime and degradation; but even in the solitary darkness of a prison cell he is not alone, and if he listens well he may hear out of the darkness a Father's winning voice, saying, "MY son, give me thine heart." His earthly parents may have disowned him, every friend may



have forsaken him, but God still owns him and acknowledges him. Every son of humanity is a son of God. "Our Father" is the sweet name by which He permits all men to address Him. A rebellious boy cannot wander so far away from the path of right that God shall lose him. He may turn away from God, but God does not desert him. Through all the haunts of crime and infamy, in every scene of wild revel and debauchery, though God and home and all that is good and sweet and true and lovely may be despised and forgotten, though at last the poor wreck of what was once a noble manhood may be lying in

the gutter, a reeking mass of disease, filth, and vermin; though the temple may be despoiled and desecrated, defiled and broken, each faithful heart-beat affords the evidence that God has not deserted the sinner, for He stays with him to the latest moment of his life, ever beckoning and pleading, "Come back, my son, come back; give me thine heart."

Do you doubt God's mercy, His willingness to save you from sin and misery? Put your hand upon your heart and feel it throb. Place your finger on your pulse and count its beats. They bear witness to the "love that never faileth."

Young man, have you been giving your heart to sin? Have you been pouring out your energies into the cesspool of vice and crime? Listen today to God's appeal, "Give me thine heart."

Is there a demon of thirst in your throat that ever cries, "Drink, drink," that never stops until you see the hissing monsters of delirium tremens rushing at you with mouths agape, and feel the slimy reptiles tightening their coils about you? Be warned before it is too late, that every glass of liquor is a flood of paralyzing poison which weakens the heart on which your life depends, which changes the muscle to fat, and will, by repetition, cause its beat to cease forever. Today God says to you, "Give not thine heart to alcohol, give ME thine heart."

Is there an irresistible fascination for you in the pipe, the cigar, the cigarette, or any other means of soul defilement through the filthy weed? Be warned that each whiff of smoke bears with it a heart poison, nicotine, the subtle, insidious influence of which every year stops thousands upon thousands of smokers' hearts. "Died of smoker's heart" might properly be written upon the tombstones of many presidents and senators as well as millions of lesser men, whose vigor and vitality have been consumed in smoke.

Listen, young man. God speaks to you today. "Give not thine heart to nicotine, give ME thine heart."

If your life has been given to sin, to crime, to dissipation, and you have seen the folly of these evil ways, if you have longed for a better life, if you hate sin and folly, and feel, springing up in your heart, a desire for things that are noble and sweet and good, know that this desire is God's voice speaking to you, it is the old and ever new invitation, "My son, give me thine heart," and the invitation is the assurance that God is willing to take your heart and "To cleanse it from all unrighteousness," your will may decide the matter. God is willing to take you, unclean as you are, and make you what *you* are willing to become. It is not a matter of form, nor ceremony, nor of creed. If you have repented, that is, changed your mind, and have put your will on God's side to love righteousness and purity, honesty and things that are sweet and lovely, God will do the rest.

He will take away the old appetites and propensities, He will give strength to resist temptation, He will be a present help in trouble, He will hear your prayer for help. He knows what is in your heart, for He is your very life, and is more intimately acquainted with you than you are with yourself. You cannot save yourself. He can and will save you if you are only willing to yield your will to obey Him and will co-operate with Him in His effort to rescue you from the wreck which sin has made.

"He looketh upon men, and if any say, I have sinned, and perverted that which was right, and it profited me not; he will deliver his soul from going into the pit, and his life shall see the light." Job. 33:27, 28.

ARE YOU EXPECTING A PARDON?

ALONZO T. JONES.

Are you a prisoner? If so, you are a prisoner for a definite term. The term may be for a few days or for many years; or possibly it may be for "the term of your natural life." But whatever the term, are you expecting a pardon?

Possibly you are. Perhaps you have good grounds for it in the nature of your case. Possibly you have faithful and influential friends, who have good hopes of securing for you a pardon, or it may be that you can conceive of no possibility of a pardon in your case; and therefore have no expectation whatever of any such thing.

But whether you are expecting a pardon or not, if it were to come to you today, you would accept it without a moment's hesitation. If just now, while you are reading this short article, the governor's messenger were to come to your cell and say, "You are pardoned; walk out; you are free," you would accept it so promptly and heartily that you would not wait to finish the reading of this article before you would walk out a free man. And that would be right, it would be perfectly sensible.

Just now, I, the Governor's messenger, do bring you a pardon, not only of the offense that brought you to *this* prison, but of all the offenses that you ever committed in all of your life and which have brought you into an imprisonment so much worse than *this one* that if you accept this pardon, you will instantly be one of the freest men in the world, though you are still in this *prison* and behind *these* bars and doors.

I, the Governor's messenger, bring to you just now His full pardon, in His own inspired words: "He pardoned all our sins! He cancelled the bond * * * the bond standing against us, which was in direct hostility to us! He has taken it right away by nailing it to His cross." For "God was in Christ, reconciling the world unto Himself,

not imputing their trespasses unto them; and hath committed unto us the Word of reconciliation." 2 Cor. 5:19. And here is that word to you. Will you accept the pardon which comes to you just now? Will you accept it without waiting to finish the reading of this article? Again, the Lord Jesus, the Governor's chief messenger whom he sent, says to you these pardoning words: "The spirit of the Lord God is upon Me; because the Lord hath anointed Me * * * to proclaim liberty to the captives, and the opening of the prison to them that are bound." Isa. 61:1. You are pardoned. The prison is opened. Walk at liberty. You are free.

Please accept this pardon. Without it your imprisonment is for life. For of the keeper of that prison, it is declared, that he "opened not the house of his prisoners." Isa. 14:17, and "did not let his prisoners loose homewards." (Margin.) But Christ hath broken that keeper's power, and opens the house of the prisoners, and lets them loose homewards. By the cross, He purchased this authority, and He proclaims pardon and opens the door of every soul. Please accept the pardon. Go free, and stand fast in the liberty wherewith Christ hath made us free; for "If the Son therefore shall make you free, ye shall be free indeed." John, 8:36.

Maybe you were not expecting a pardon; least of all today, and just now. Yet here it is full and complete, upon the authority, and in the words, of the Governor of the Universe and the Creator and Redeemer of souls. It is yours *just now*. Take it and be free.

Would you promptly and gladly accept the pardon of the governor of the petty state in which you are, if that pardon should come to you today; and yet you will not accept this pardon of the Governor of the Universe, which *has come* to you today? Would that be respectful to Him who has loved you with an everlasting love, and therefore with loving kindness draws you? Surely you will not treat Him that way. "Man, thy sins are forgiven thee." "I have blotted out as a thick cloud, thy transgressions, and, as a cloud, thy sins." Isa. 44:22. "He is gracious unto *thee*" and saith, Deliver him from going down to the pit: I have found a ransom." Job 34:24.

"For those who use tobacco. If you should meet the Lord with a pipe or a cigar or a chew in your mouth, wouldn't you feel like taking it out and putting it behind you, or throwing it away?"

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A MESSAGE OF HOPE.

MAUD BALLINGTON BOOTH.

I care not what the history of your past may be, I do not care what the difficulties of the future may be, I do not come to you in the name of science, in the name of moral liberty, or in the name of personal influence;

ize what happiness, what victory, what triumph there is in store for you, and looking as I do on the bright side of the picture, the shadows recede into the background, and I thank God that He has given me the privilege of bringing to you this message of pure, genuine happiness.



MAUD BALLINGTON BOOTH.

I come in the name of ALMIGHTY GOD. and I believe in Him. To me He is no myth or fancy. He is a living, *personal* friend, a tender Saviour, a glorious reality.

He can come into the darkness of the saddest life and illumine it with joy. His hand can bring forth clear, sweet tones from the heart whose chords have been broken. I real-

In so-called worldly pleasure, there can be no *true* happiness. But there is a pleasure, there is a joy, there is a happiness that is *independent* of circumstances, and I believe in it more today than ever before. I have, piled up in my office, letters that ring with the word "happiness," and these letters were penned within prison walls, and some of them

were written by men serving life sentences! I have seen men's faces shine with happiness—men of whom the world would say, "I do not see what they have to be happy about." I have heard the ring of gladness in the voices of men whose circumstances might well suggest nothing but woe and sorrow.

When pointing to the future, many say, "Do not forget that my will is weak; I am afraid that I shall not hold out." To these we would say: Forget the past, bury it deep, and do not lie awake at night to find it again; concern yourself only with the present. God can look down through the wreckage into every heart, and there find something that makes Him rejoice, something that gives him full confidence in your future, if you will place yourself on his side; for God looks beneath the dross and sees the gold.

Have you ever crossed the ocean? Have you ever seen something thrown overboard? Do you realize how absolutely final it is when it is cast into the fathomless deep? God's love is deep enough to bury in the sea of His forgetfulness the mistakes, sins and errors of the past. He can take back the one who has wandered, and when God touches the heart, it is changed.

You may say, "My heart is not worth very much, I do not see what use can be made of it." But if there is but *one* little bud remaining, it can yet blossom to beauty even as the rose.

It is true you cannot expect to gather good fruit from thorns and thistles; but this is where God works a miracle, for He says, where the thorn is, there shall be the rose. If He can change the thorn, He can certainly touch your heart and bring out of it sweet and helpful things.

If you will accept this message, then you will see how the sunlight can come this very day into your heart. If some of you have held back, do so no longer. By holding yourself back you are keeping yourself in the shadow, when you might come forward into the sunshine of God's love.

But do not forget that your religion must be practical, rather than working yourself up to an exalted state of mere feeling. If there are people who can get along with a sentimental religion, let them have it, but I tell you we have to go right down to the root

of the matter, for this is a matter of life and death.

Are you ready to serve Him, ready to let your own plans and schemes go, ready to put away the spirit of revenge which you may have in your heart, ready to forgive your enemies, ready to follow the right in the future and give up those things which are ungodly, ready to let God snap the chains which bind you to sin? If I could tell you that if you would do this you would receive a pardon from the authorities of the State, there are multitudes who would be glad to do it; and yet they do not realize that when they go out from prison they are not free. If they are controlled by evil habits, evil passions, evil thoughts, evil desires, they are bound by stronger chains than could ever be forged by the hand of man.

There are plenty of men who walk this earth, and think themselves free citizens; and yet they are chained, are slaves. If strong drink or evil company is their master, they are slaves.

It is now a matter of choice with you. Will you do what Christ asks? What is it He asks you to do? "My son, give me thy heart." He does not say, give me the *opportunities* you have thrown away. He does not ask anything impossible. He simply says, "Give me thy heart," which means for you to say, "I am *done* with the old life; I want Christ to take possession of me, and I must do His work." He cannot save you without your will. He cannot make your path smooth; but if you will let him, He can touch and change your heart and help you all the way.

DEAF, DUMB AND ALONE.

It is one of my greatest pleasures to read in *THE LIFE BOAT* about the helping hands which are extended to the needy.

I am poor, deaf, dumb and alone, and have to work for my daily bread, but I am comfortable and contented and feel perfectly free to divide all I receive with those I read about in *THE LIFE BOAT*.

I only wish that I could make it as many dollars as it is cents, but, as I cannot do that, perhaps He, who made the widow's oil increase, may in His own way cause my small gifts to do some great good.

THE BEGINNING OF THE LIFE BOAT PRISON MOVEMENT.

W. S. SADLER.

The story of the beginning of THE LIFE BOAT Prison Movement is one rather difficult to tell. It did not originate in a set of resolutions. One morning there came to our office an ex-convict, who had been at the Life Boat Mission the evening before and whose heart God had touched. He told me of his struggles in obtaining a position, only to lose it as soon as his identity was discovered. As he was about to leave, I said to him, "My brother, if you know of some man behind the bars who would appreciate an encouraging letter from a Christian man on the outside, give me his name, and I will write to him. He immediately replied, saying, "I can give you the names of two dozen men who would do right if they had a little help when they were released." He sat down and gave me fifteen names, and before I went to bed I had written a personal letter to those fifteen men. This was the beginning of THE LIFE BOAT Prison correspondence, which soon grew to such an extent as to be too much for me to handle, with my other duties, and then Mrs. Sadler came to my rescue, and carried on the work for a number of years, and then it fell to Dr. Paulson and others, upon our leaving the work for the Pacific Coast.

I have never dealt with any class who have responded more readily to my efforts to help them than the prisoners. I have been deceived fewer times, and disappointed less, in my efforts for this class than for any other single class of needy men or women, for whom I have labored. Of the many men whose parole papers I have personally signed, in but a single instance has it been necessary for the paroled man to return to the prison. I have followed the case of many men after their release from prison, and have observed to my satisfaction that the old proverb, "Once a criminal always a criminal," is not true in the case of those who have thoroughly made up their minds to reform, and who have the least degree of co-operation on the part of their fellowmen.

While Mrs. Sadler and I have been deprived of the privilege for the past two years of being in direct communication with our prison friends, we have not forgotten them. We have remembered both the prisoners and the LIFE BOAT workers who were laboring for them, in our prayers. And we are very grateful for this opportunity to encourage our correspondents of the past, to press on in the high and noble struggle to develop true and honest manhood. Take Jesus for your pattern; rely upon Him for your strength; trust in Him for the power to overcome every vice and sin.

HOW SHALL I PRAY.

S. N. HASKELL,

Editor of "The Bible Training School."

Prayer does not consist of any set form of words. It is an expressed desire to God for a blessing. In Glasgow, Scotland, I visited a sailors' mission and spoke to the sailors there assembled. At the close I noticed a missionary conversing with an ignorant sailor. I drew near unobserved and overheard her telling him to pray. He replied, "I do not know how. I never prayed in my life."

Said the young lady, "We will both kneel down and I will pray and you repeat it over after me."

They knelt and she began, "O Lord, I have sinned all my life; O Lord, forgive my sins. Have mercy upon me a sinner." Sentence by sentence he repeated it over after her. The Spirit of God rested upon them, and he gave his heart to God, and realized his sins forgiven. That was prayer.

Two things only are necessary in praying to God. First, a realizing sense of our needs, and that God alone can supply that need. This sense of need is begotten by the Holy Spirit.

Second, the expression of that desire to God. It may be in the form of words and it may not be, for God alone knoweth the hearts of all men. The God who begets that desire will answer such prayer. No matter how broken the words may be. The spirit helpeth our infirmities: "For we know not what we should pray for as we ought; but the spirit itself maketh intercession for us with groanings which cannot be uttered. And He that searcheth the hearts knoweth what is the mind of the spirit, because He maketh intercessions for the saints according to the will of God." Rom. 8:26, 27.

It is the spirit of God that begets every desire for a better life, or a reform in any way. When we yield to that desire, and look to God for its fulfillment, then the spirit takes it up and frames the words in the righteousness of Christ so the prayer is all right. The desire to lead a better life, to put away sin is due to the moving of the spirit of God upon the heart. Let that desire go up to God who can do all things for us, and the same spirit takes that desire and puts it in the form that is well pleasing to God. No matter how wicked or sinful we may have been, it is the co-operation on the part of man that God wants. It may be but the dimmest ray of light, but if followed up it will bring the soul to the fountain. This is one of the most honorable, and ennobling things a man can do. The most illiterate, uneducated and dependent soul can do this; while the most educated and eloquent can do no more. Do not have any set form of words, but let

the heart be broken, and the soul go out after a sympathizing Savior, and it is a prayer acceptable to God.

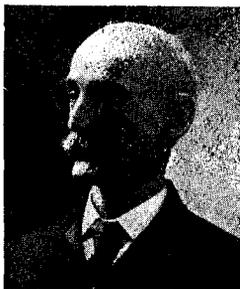
A LETTER FROM DICK LANE.

[There are but few who are not more or less acquainted with Dick Lane's notorious lifelong criminal career, and yet when he decided that God's way should be his way, the Lord saved him from his criminal instincts and made him a man among men; respected, trusted and beloved by all who have come in contact with him, and we are always glad to hear his encouraging testimony in the Life Boat Mission.

For the benefit of those who shall read this paper, we requested Brother Lane to write a few words, especially for this number.]

DAVID PAULSON:

Dear Sir—You have asked me to write for the prisoners' number of THE LIFE BOAT. I wish I could tell all the men what God has



DICK LANE.

done for me in seven years and two months, but I cannot tell it all myself. It is a surprise to me. I do not understand it myself, after having been in seven penitentiaries, and I was continually planning to do something crooked in one place or another, and yet now I am a new creature in Christ Jesus.

I am writing this letter in as nice a home as any man could wish for, and tomorrow I am going to buy a home of my own on the North Side. When God found me I had nowhere to lay my head, and the chief of police would not permit me to stay twenty-four hours in the city, and I did not have a friend on earth to speak a kind word to me, and the police said I ought to be in the penitentiary. I went to God in prayer, and He did not turn me down or tell me I was a hopeless case. I believed He would hear my prayer if I would call upon Him, and He did hear, and the new life I now live I would not give up for anything. I cannot describe the peace I

have. I tried to get rid of all those bad habits I had in my own strength, but I could not do it, but God did it for me. I thank God that He keeps me clean. I can go home now and sleep like a child, and I do not have to take a chew of tobacco to steady my nerves, and I know of several ex-convicts I have persuaded to live a better life.

I am often asked if I am not afraid I will go back to the old life. What is there to go back to? I never got any good out of it. Some say to me, God did not have anything to do with my success in this new life, but I know better than those men do.

If God had not taken me by the hand I would not be here in this nice home, with plenty and with something to spare. I owe all I am to God, and I know it better than anyone else can tell me. I know where I was the night he found me with all my sins. I then hated work, for I had never done an honest day's work in my life. I then said, if necessary, I would take a pick and shovel and work for my bread. I secured a job at \$7.00 per week, which was not much for a man who had been spending hundreds per week.

By God's help, all my enemies have become my friends. Some who read this letter are like I was at one time, without the hope of ever being anything but a convict. But you are mistaken. No man who reads this letter is as low as I was the night God forgave my sins for Christ's sake, and I am now clothed in my right mind, sitting at the feet of Christ, who permits me in the slums of Chicago to talk to men like myself who come to the Mission, and, as I have opportunity, I go to other parts of the country telling my story, how God, for Christ's sake, has saved me. Next summer I hope to visit several penitentiaries and let the men see what God can do for an ex-convict if he will let him have the right of way in his life, and may God help you to be wise and take the step I have taken, and may God bless everyone who reads these words of mine. Yours,
DICK LANE.

God has given every man a field of opportunities, but he must pay for it in sacrifice, in toil, in the things that he must give up; but he gets the reward in the crop.

WOULD YOU ENJOY A LETTER?

DO YOU EVER LONG FOR A FRIENDLY LETTER FROM SOME ONE WHOM YOU KNOW IS INTERESTED IN YOUR WELFARE, AND WHO WILL WRITE TO YOU AS TO A BROTHER? WE SHALL BE GLAD TO WRITE TO YOU, AND TO RECEIVE LETTERS FROM YOU AT ANY TIME. WE ARE YOUR FRIENDS.

ADDRESS DAVID PAULSON, M. D., 28 33rd Place, Chicago, Ill.



BALANCED ROCK

BALANCED ROCK.

The accompanying cut is made from a photograph of the Balanced Rock in the Garden of the Gods in Colorado. This immense boulder rests on only a few square feet of surface and yet it is perfectly balanced. The man who allows the Lord to hew and square his character will be able to maintain his equilibrium even under the greatest difficulties.

THE CONVERSION OF A BURGLAR.

Contributed by a Prison Chaplain.

"Him that cometh unto Me, I will in no wise cast out."

From a Chaplain's Diary:

My first meeting with F—— S—— was in the consumptives' ward of the prison hospital. The hectic flush, the sunken cheeks, the hollow cough indicated the rapid approach of death. Although but thirty-seven years of age, he was known all over the West to police detectives and prison officials as one of the coolest and most daring of burglars. He was a man of Herculean strength, indomitable will, and utter fearlessness. He had never been anything else but a criminal, and little wonder. His mother died at his birth and the death of his father was but a month later. A relative gave him a home but allowed him to do just as he pleased. He would not go to school, but ran the streets. At the age of ten he ran away and took refuge with criminals, learned crime as an occupation and followed it. He told me he never went to school a day in his life, but picked up a knowledge of reading, writing and arithmetic. The police records abound with his deeds of reckless daring, mostly in plans of escape. He had inherited from good ancestors a strong constitution, as well as a good intellect, but no firm, loving hand had ever led him in the ways of Christian knowledge and obedience. Instead, his whole being, body, mind and soul had been all sin-poisoned, and he had been led captive by Satan at his will. And yet, there was in him a certain nobility or frankness of nature and strength of intellect not usual to men of his class that commanded respect from officials. Such was the man to whom I introduced myself as the newly appointed chaplain and was received courteously. We engaged in conversation, during which I expressed the wish that his disease might take a turn for the better, to which he replied as clearly and definitely as though speaking of some one else: "No, chaplain, there is no such hope. I realize my condition, and know that I shall never be any better. I am all shot and cut up and there is nothing for me but death."

Then it became the proper thing for me to ask if he had made preparation for death, and his reply, given in the same matter-of-fact manner, as though it had been all thought out and settled forever, was substantially this: "I look upon it as an insult to God to deliberately choose and follow a life of crime until I bring myself down to a death bed and then turn and beg for pardon."

I saw that he had fixed himself in that opinion, and I set myself with God's help to break down that idea. Visit after visit followed. I gave him marked passages of the Scripture and other books, but saw no softening. He read, conversed with me, but seemed immovable.

I then put into his hands the Life of Jerry McAuley, for I saw the two were so much alike in many ways, and the Holy Spirit used that book to accomplish the great result of bringing conviction to his soul. As I went to his bedside, he rose, took my hand, looked me full in the face, and with eager expression said, "Chaplain, if a man repents—oh, you know what I mean—not this sort of repentance that is all put on, but repents of his sins, and honestly asks God for pardon do you believe He will do it?"

I need not repeat what I replied; I was filled with joy. The genuineness of his conviction was so clear. I taught him the way of faith in a crucified Saviour and went away. I had learned by this time that I had an original nature to deal with, and that he must work out such questions for himself. In due time I went back and I shall never forget that scene. Self-repression had become such a habit with him that he appeared calm, but the look in his eyes was something new. Said he: "Chaplain, it seems to me that the word 'converted' is too high and holy for the like of me, and yet something has come to me that I never had before. I am at peace and now I can die."

He lived about three months after that, and his simple, quiet faith never wavered. His one regret was his lost, ruined life. His daily reading as long as he could see to read was the fifty-first Psalm. At one time he expressed the wish that he might have been able to make a restoration to the men he had wronged. Thanks be to God for the promise, "Though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool" Isa. 1:18.

God is saying to everyone, "Who knoweth whether thou hast come to Chicago for such a time as this?" I am here for a purpose. No matter how many times I stumble, how many mistakes I make, I have a mission and I must fulfill it.

PRISONERS' DEPARTMENT

WHEN YOUR SENTENCE EXPIRES.

Sixty per cent of all who leave the prison drift in again. It is not necessary to explain all the reasons for this. Certainly, one reason is the obstacles which confront the average ex-convict while attempting to rebuild his shattered prospects.

If you have an earnest and sincere purpose to be a man among men at the expiration of your sentence, we will try our best to put you in touch as soon as possible with some good, reliable man, who will correspond with you and thus become sufficiently interested in you to extend to you a friendly hand just at the time you will need it most. You must not expect him to be perfect, but the fact that he has taken an interest in you will be sufficient evidence that there is something good and noble in him. You can afford to overlook the rest.

Write to us. Address, Editor of THE LIFE BOAT.

CAN WE HELP YOU TO COME IN TOUCH WITH YOUR FRIENDS AND RELATIVES?

If you have true friends they will not forsake you because of your misfortune or troubles, and they ought to be in touch with you, for you need them more now than ever before. If they have forsaken you, it is more than likely because they are human rather than wicked, and perhaps a line from us might help them to view matters from an altogether different standpoint. Some of the most blessed work we have ever had the privilege of doing has been along this line. The gospel will do just as much to soften and change the hearts of your friends as it has done to soften and change your own.

Do you wish to receive THE LIFE BOAT regularly? You ought to have it each month. If you can afford to do so, send us a quarter for a year's subscription. If not, send us your name and address, and we will send it to you anyway, for we believe that God will put it into the hearts of some one to send us the donation that will enable us to do this.

DO YOU WANT A FRIEND?

Have you lost your friends on account of the experiences through which you have been passing? and are you now cherishing bitter feelings toward them? If so, remember they are only human and do not forget that you are injuring your own character by harboring hatred. The Bible introduces us to a Friend that sticketh closer than a brother, Prov. 18:24. The thought will come to you, "If God is my friend, why don't He set me free?" To which I would answer: This life is just the smallest beginning of the real life. When we enter a building, we first pass through the entry or hall where we leave the wraps which we do not need indoors. This whole life is only an entry way to the real life that is to come, and if we will let Him, God will cause each day's experience, whether in prison or out, to be a help in preparing for the life beyond.

There are thousands of men outside of prison who are so busy thinking of this world that God does not have a chance to prepare them for the next.

Many never begin to think of the future life until they are in prison or until some other great trouble comes upon them; and there will be thousands who will taste the happiness of eternal life who will thank the Lord forever that He permitted them to even pass through a prison experience in this world; for otherwise they would never have gotten in touch with the real life beyond.

WOULD YOU LIKE TO GET A POCKET-BOOK?

The best pocketbook we know of is a pocket edition of the Gospel of John which we will furnish for five cents a copy post-paid. We will be glad to send it free to anyone who has not the money to pay for it. You will not find this an empty pocketbook.

If you can not pay twenty-five cents a year for The Life Boat we will send it to you free.

NO MAN IS ABSOLUTELY FORSAKEN.

JOLIET, ILL.

DEAR EDITOR OF THE LIFE BOAT:

I am exceedingly glad to know that I may address you as a friend, for of all the millions of people in the world I can truthfully say I have no other friend. I was born in 1879 and my father lost his life when I was a baby in my mother's arms. At the age of five I was taken from my mother, so we were parted for life. As I sit this morning in my cell I have been thinking of the days that have gone by, for although only a boy, I have seen life as it is. Although I am a prisoner this morning, I feel that I am a part of God's great plan, and so with His help for the future I shall try to make a man of myself and be true to Him as well as to my fellow men.

A REAL CHANGE.

JEFFERSONVILLE, IND.

I thank God that I have the privilege of writing to you this morning to let you know that God is here as well as elsewhere and I can feel His presence every day of my life.

It is hard to be behind prison bars. We come in sometimes from a day of toil, looking for a letter from some of our people, some word of encouragement, but we find none. But, thank God, I get a message of encouragement regularly now. My life is happy now, for I am a changed man. I feel now that I am a new creature. God is my helper and He will not put upon me more than I am able to bear, so all my trust is in Him.

From a brother,

NO MAN NEED DESPAIR.

JEFFERSONVILLE, IND.

DEAR BROTHER:

What a burden leaves us when we give all our troubles to Him and tell Him all our conditions. I know that I shall be kept from all harm as long as I will do the will of my Maker. I shall always try with all my heart to serve God and try to get others to accept His mercy. I am trying to do something now for my Maker. I hope some day that I may be able to return your kindness to me. I have been rejected by my friends, cast aside as good for nothing, but thank God He has picked me up. I was left alone, and deserted. In my boyhood days my mother told me what would happen if I refused to accept His mercy. When I would think of it the tears would stream down my cheeks, but I was ashamed to call and ask God for mercy after I had abused it so, but when I gave up everything in this life and was willing for God to make a new man of me, then He came to me and took the burden away from me. And, thank God, I am a new man now.

Your brother in Christ,

CAN A MAN BE DELIVERED FROM TOBACCO?

TRAVIS COUNTY JAIL, AUSTIN, TEX.

Reading a copy of THE LIFE BOAT has prompted me to pen you these few lines. I was converted here in jail nearly a year ago. At that time I was a tobacco user, both using cigarettes and chewing, and had been for over fifteen years. The Savior's love prompted me to leave off tobacco, which I did here in jail only by prayer.

When I wanted a cigarette or a chew of tobacco real bad, then I would pray to the Savior to help me, and the desire for tobacco would mysteriously leave. That was nearly a year ago, and I can say now that I have no more taste for tobacco.

I am still in jail, but, glory to God, my life grows brighter every day, for the blessed Savior has brought peace to my soul.

Yours in the Master's cause.

Down in the human heart, crush'd by the tempter,

Feelings lie buried that grace can restore;
Touched by a loving heart, wakened by kindness,

Chords that were broken will vibrate once more.

SOUTHERN ILLINOIS PRISON.

THE LIFE BOAT comes to me each month like a ray of sunshine, for which I hope some day to reward you. It has taught me that stone walls do not make a prison nor iron bars a cage. With God's help the past shall be a sealed book to me and the future shall be full of hope. Your reformed friend,

A PRISONER'S GENEROUS DONATION.

Michigan City, Ind.

I received THE LIFE BOAT, for which please accept my thanks. I want to help you to pay the rent on The Life Boat Mission, so I send you five dollars.

The fact that I drifted into fraud unconsciously does not help me any, and I cannot now decide what made me do wrong. As I read THE LIFE BOAT, which is doing so much good not only for the prisoner but the poor and needy everywhere, there comes to me a determination to be a better man, and with God's help I will try and forget the past, and pull for the shore.

Your brother,

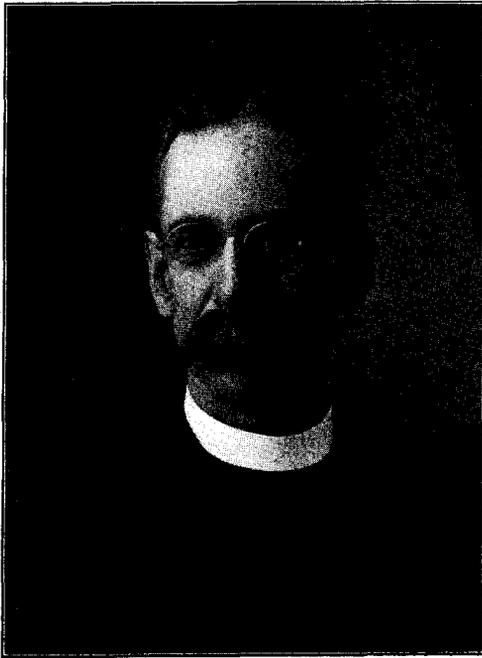
PREJUDICES.

CYRUS MENDENHALL.

Chaplain Michigan State Reformatory.

It is perhaps impossible to escape bias in some form. We all have our likes and dislikes. We enjoy quiet because we dislike noise and relish rest because of fatigue. If, however, our likes and dislikes are not amenable to reason, we are creatures of prejudice, and not worthy of the great privilege of choice.

Birth and training are powerful factors in forming opinions and shaping tastes. "As the twig is bent, the tree is inclined," is a saying no less true because it is old and trite. Yet not all of these inborn prejudices can



CYRUS MENDENHALL

be safely cast aside. The love of one's country is not unworthy if not too exclusive. Only when we become so narrow that we fail to note the good in other lands or cities, or states, and see no errors to reform in our own, does it descend from patriotism to local prejudice. The false legend, "Our country, right or wrong," might do for the cry of a demagogue, but a reasonable man would spurn it as dangerous.

Blindly holding to any prejudice binds the soul and shuts the door of knowledge. Devotion to party, sect, or class may or may not be the result of prejudice. Too often we find false motives and absurdly narrow conclusions drawn.

Prejudice runs highest in religious differ-

ences, notwithstanding it is the last place where it should be found. I may love my wife best without hating all other women or being suspicious of them. So, too, may I not love my church or my party best, without failure in charity or respect for other or widely different ecclesiastical or political organizations? Ignorant hatred and unreasonable antipathies would send to perdition all who reject our creed or fail to stand upon our platform.

The charity we all admire should teach that, if we are honest, it is possible our opponents may be also. Let it be our aim to sift chaff from wheat, opening every avenue of the soul that truth may stream in. A better acquaintance with those who differ from us will act as an antidote to the poison of prejudice. The greatest prejudice comes from those possessed of the least knowledge. As the mind enlarges and the object of prejudice is seen fairly, the hatred dies away and is sometimes found to be wholly unjust. Submit to reason, admit as a possibility that you may be wrong. Avoid wholesale denunciation, and remember that prejudice as a master is a tyrant, but as a servant may under some conditions be useful.

Strive to be merciful as well as just and tender to each and all their due.

A PRISONER OUTSIDE OF PRISON.

H. F. PHELPS.

Minneapolis, Minn.

There are many prisoners outside of prison walls, men who are in the most abject slavery to their own evil passions, and they are not as free as it is possible for a person to be even within a prison.

It is better to endure the solitude of prison life, and at the same time stand fast in the liberty wherewith Christ hath made you free, than to roam the world over and yet be under the bondage of sin, "without God and without hope in the world."

We pay the penalty of crime under the sentence of the state, but we must answer for sin at the bar of God. While this is so, we can ever rest in the blessed assurance that Christ came to *save* from sin. "He shall save His people from their sins," and by the death of the cross, He bore the penalty of the sins of all who will believe, for He is merciful and delights in forgiveness. Ample provision has been made for all if they will only believe, so even though behind prison walls we may yet enjoy the liberty of Jesus Christ as prisoners of hope.

A SMILE AND A SNEER.

FRANK MARSHALL.

Only a word that was hard and cold,
 The glance of a scornful eye;
 A hand withheld to grasp its gold;
 The pride of a station high.
 But a heart on courage lost its hold
 And hope died out of a sky.

Only a touch of the hand one day;
 A smile in an hour of care;
 A word that cost so little to say.
 But the whole glad day was fair;
 A doubting heart had learned to pray
 And a cross was lighter to bear.

WHAT CAN A MAN DO WHEN HE LEAVES PRISON?

A. H. JESSUP.

Chaplain Iowa State Penitentiary.

1. He can determine, by the grace of God, to live a pure and honest life. It is not sufficient alone to resolve to do this. Of hundreds of prisoners who have come under my observation, many have resolved on a better life. It is easy to forsake sin when sin is found to be a bitter portion. But let these same men pass the prison gate, realizing they are once more free to act as they choose, and the first saloon, the old comrades, or the old life appeals so strongly that often they fall. Let the man who goes out of prison determine to go in the strength of God's help if he would go safely.

2. He can take the first work that comes to his hands. It may not be what he would wish for permanently. It may not be remunerative in a satisfactory measure. But any man can make a livelihood, and trust to the future for more. Often a resolute determination to be industrious is the determining factor in reform. At any rate, to earn an honest living is easier, in the long run, than to get a dishonest one.

3. But if he lacks self-confidence for grappling alone and single-handed with the problem before him, he will find friends ready to extend a helping and directing hand. Such is the work of the Central Howard Association, which has aided hundreds of men to find steady and remunerative employment. Mrs. Booth is doing a noble work with her "Hope Halls," and other agencies are giving aid in this direction. Best of all, public opinion has so changed that no man need despair of recognition if he will keep steadily to the right lines.

4. He can drop the past. If he thinks of every man he meets, "This man knows I have been in prison;" if he is constantly dreading

public recognition; if he shrinks from what people may be saying or thinking about him, how can he succeed? "Forgetting those things which are behind" is as necessary as "pressing toward the mark," and the man who comes from prison with a firm determination for right living will drop the past with the prison garb, and leave it within the walls.

5. He can forever sever the ties that connect him with his worst past. He *must* do so to succeed. In one of the Sunday morning social meetings held in the prison, a man who had had reason to know whereof he spoke, touched the experience of many when he said, "Boys, if you intend to do better in the future than you have in the past, you have got to let the old gang alone." There is nothing truer. Hence, it is well for a man to go where he will not meet "the old gang." I am not advocating a man's forsaking his obligations to his family, which perhaps require his return to a former home. But most of the men in prison are not bound by such ties, and the best thing these men can do is to get amid new scenes, and form new friendships from such as approve themselves.

He can persevere in well doing, until hostile criticism, if it follow him, will be silenced; until suspicion, if it be ever present, is laid at rest; until friends gather about him, and a man's best heritage is won. But he must persevere. He must push on whether it be light or dark. At last the world will accept him at his true value. The world is always ready to welcome a hero, and no hero is greater than the man who has attained self-conquest. "He that governs his own spirit is better than he that taketh a city."

FORT MADISON, IOWA.

IF THE LORD CAN SAVE DICK LANE HE CAN HELP ME.

Southern Illinois Penitentiary.

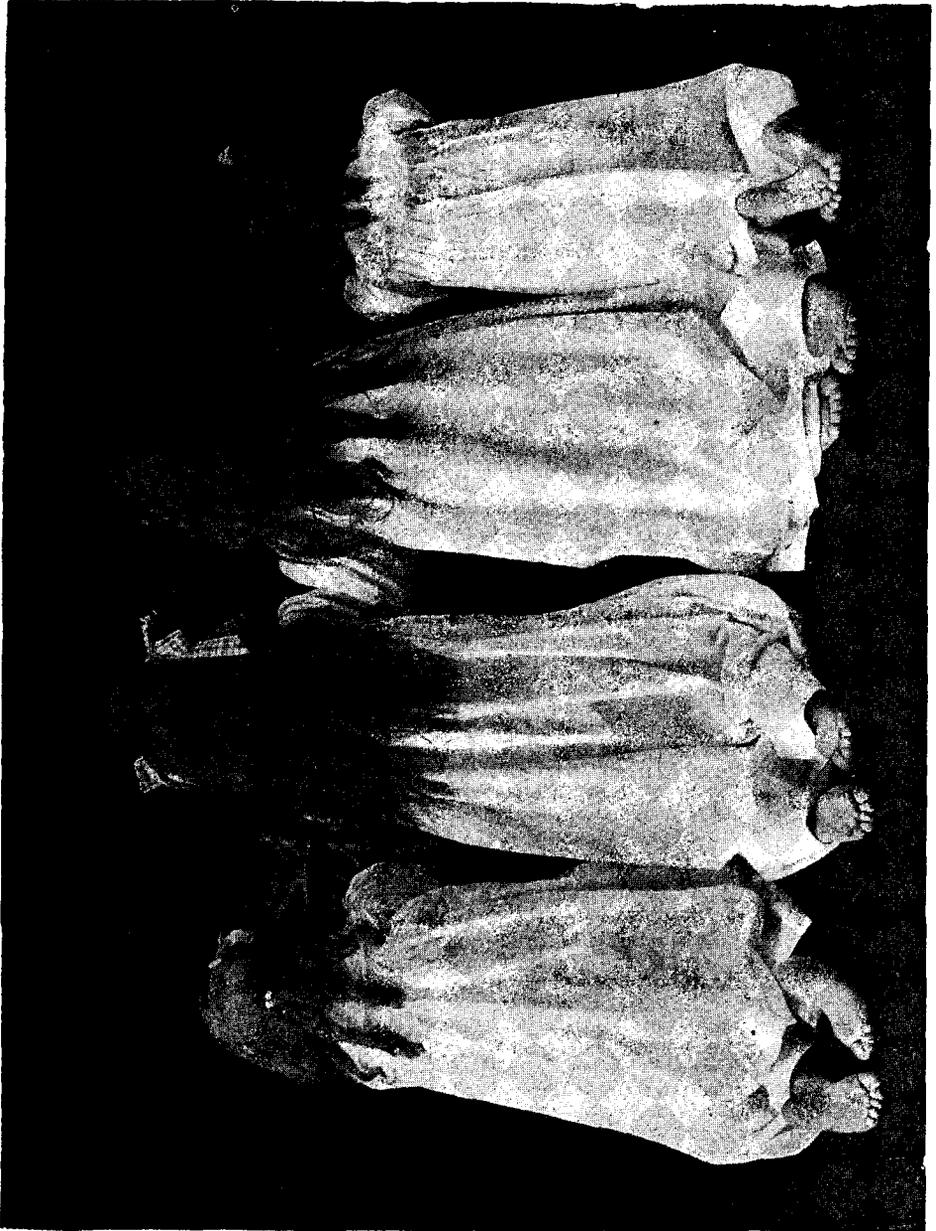
Dear Brother: I have spent the greater part of my life in sin, but in THE LIFE BOAT I saw a letter from Dick Lane, an old friend of mine, and although I had already resolved to lead a Christian life in the future, it was an encouragement to me; for if Christ can save Dick Lane, who served two more terms in prison than I have, there is no good reason to believe that he can't save me. God is good to me. I am determined to live right here, and also after I get out, if I ever do.

Respectfully yours,

The best way to save yourself is to save someone else.



Children's Department



"Now I lay me down to sleep,
I pray Thee, Lord, my soul to keep."

CHILDREN'S COTTAGE MEETING.

LILLIE HOLADAY.

Children, how many of you like to go to a meeting that is especially for you? I know that you all do. Let me tell you of the cottage meeting that we hold each week for some children that do not have the advantages you have.

One good mother has kindly opened her home for our use and she also invites in the neighbor's children. Last week there were ten little folks present and all gave the best of attention to the lesson story as well as to the singing. It would do your hearts good to hear them sing. They are always ready, and when their little voices ring out in such songs as "More About Jesus," "Down at the Cross," "Sowing the Seed," and "Sunlight," it fills our hearts with joy and inspiration. Our last lesson was about Cain and Abel, the farmer and the shepherd. This seemed to impress their little minds and they gave the strictest attention.

When reviewing them on the lessons given the week before, they are able to answer all they are asked. We give them the "Little Friend," which so many of the children send to us.

These little children are missionaries. They try to get other children to come, invite them and even go after them, and our attendance is increasing as a result of their efforts.

What a blessed privilege it is to have the opportunity of working for the children when their hearts are young and tender. When helping these little ones, we are sowing seed that shall bear fruit for eternity. Would you not like to do something for the children you know? Working for these children will often open the way to help their parents, and they often receive the gospel as readily as their children do.

MISSION SUNDAY SCHOOL.

MRS. N. CRANE.

As we gather at the Life Boat Mission, about three o'clock Sunday afternoon, we find a number of eager, expectant faces. Each one is looking for his particular teacher, as you only have to teach them two or three times until you belong to them. Dear, little souls, they know much of the evil and wickedness of this city, but nothing of the Saviour. In

teaching them about Jesus and His love, you will enter at once into a new sphere of love labor. It is somewhat surprising to find how quick their little minds are to catch the truths of God's precious Word. I asked one little child where Jesus was, and she said, "He is dead." One little colored child said to another, "Why didn't you wash up? You must not come to Sunday School with a dirty face," quickly associating the thought of cleanliness with the presence of God. The next time that little child had a clean face when she came to Sunday School.

The little girls are usually quiet and easy to teach, but, oh! those boys. It needs a teacher for each one, and that teacher must be consecrated to God's service, with her mind full of interest in her work, realizing she is dealing with a soul for whom Christ died. So, with many prayers we sow the seed, knowing that the dear Lord will give the increase. If you feel that your work for the Master is limited to the church exclusively, visit our Sunday School and see the boundless opportunities there.



HAROLD HEBARD.

This little seven-year-old boy who lives in Lincoln, Neb., has been selling LIFE BOATS since last October.

AN INSPIRING LETTER.

[There are times in every man's life when it means something to be true to principle. It is at such a moment that thousands of young men take the first step toward ruin.

Recently a young man who was out on parole from the Joliet prison was severely tempted to tell an untruth in reference to himself. He manfully resisted the temptation and thereby incurred a temporary disadvantage. Chaplain Thornton, upon learning of it, wrote him the following helpful letter. As the young man read it to us, we felt that it would be a source of inspiration to every reader of *THE LIFE BOAT*. We are glad to say that the young man has since secured a far better opportunity than the one which he lost by being true to principle.—EDITOR.]

CHAPLAIN'S OFFICE, December 15, 1902.

Dear Robert—I've been thinking a good deal about your experience with that foreman or manager. You remember that I told you that you would find such persons, but I want you to stand firm. Never be discouraged. It requires hard climbing to get back to the hill-top again after we have slipped and fallen, but the climb puts courage into our hearts and strength into our muscles.

The question naturally arises, "Did you need to tell that man the *truth*?" and the answer is "yes." You see, religion is righteousness; it is not primarily an emotion or a belief so much as it is, first and last, *right being* and *right doing*.

Righteousness consists in doing the *right thing now*. Each moment brings its trial or test. There are always two ways before us, one the right, the other the wrong. When we are trying to do right, God always prompts us at the crucial moment to do the *right thing*.

That impulse to tell this man the truth was God's spirit prompting you. I want you to see this. It was not of so much importance that he should give you the job, as it was that you should, if rebuffed, stand true to God and loyal to right-doing.

God allowed you to be tested. He may test you again and again. Meanwhile you will not starve. "Seek ye first the kingdom of God, and *His* righteousness, and *all these*"—food, raiment, shelter—"shall be added unto you." Your battle now is for *character*, for mastery over old temptations, for a regaining of the true principle that the devil thought he was going to rob you of.

Depend upon it, if you trust in the Lord and do good, he will open you a way in places most unexpected.

It is your soul, your life, your manhood, that is now at stake.

Fight the good fight, stand firm, defy the

devil, work for mere board and clothes if nothing else opens, but *work*. Work as hard for mere sustenance as though it were a hundred dollars a month. Spit on your hands, look difficulties in the face, and sail in and say, "God is on my side and I am on God's side, and I will be true and strong, and brave and industrious, and I will compel evil to get out of my way."

If rebuffed, and rebuffed, and rebuffed, get up smiling, and praying, and trusting, and some day you will stand on the mountain top, and in the sunshine, and sing, and exult, and rejoice.

God bless and keep you. Your Chaplain,
S. W. THORNTON.

IF YOU THINK YOU ARE HARDENED
READ THIS.

[Some time ago a man was converted in the Life Boat Mission. His experience as written out for *THE LIFE BOAT* at our request, shows how God's providences continue to go with us endeavoring to change our lives and fit us for usefulness.—EDITOR.]

I was a sinner of the deepest dye, having spent twenty-six years in sin and crime of almost every form. About three years ago, while confined in the Virginia penitentiary, I chanced to get one of your *LIFE BOATS*. The reading of it made a great impression on me, hardened in sin as I was. What took hold of me most was an article by Dick Lane, who spent a life in crime, telling how he had been transformed from a life of sin and crime to a life of joy. I believed that I had gone so deep in sin that there was no hope for me, so I tried to banish the thoughts of what I had read in *THE LIFE BOAT* from my mind. But somehow its words were continually ringing in my ears, even after I was released from prison. I hardened my heart against the dictates of my conscience, but the words I had read in *THE LIFE BOAT* followed me in spite of my efforts to get them off my mind. I took up the same old life and again became a rolling stone. After traveling over the greater part of the United States, France and England in search of the best field of operation for criminal practices, I at last came to Chicago and drifted into the Life Boat Mission. I had conducted my life so badly that friends and relatives had forsaken me. I did not believe I had a friend in the world. The whole world looked dark and desolate to me. I felt that life was hardly worth living. But when I entered the mission I was met by words of love and comfort from the workers there. It touched my heart deeply to find friends in that dark hour that would take me by the hand regardless of the past and present conditions and speak such kind and loving words to me, pointing me to a brighter future. It inspired me with new hope. It was a good word spoken at the right time. Had I met with such people years ago I might

have been saved from so many years of sin and crime.

It inspired me with hope for the future and at the same time caused me to feel a deeper conviction of my sin than ever before. But I asked myself this question, "Can such a wicked sinner as I be saved?" The testimony of Brother Dick Lane, which I had read in *THE LIFE BOAT* so long before again flashed over my mind. But still I said, "That is nothing as compared with my wicked, sinful life." I decided, however, that if such men as spoke in the mission could be saved, there might be a chance for me, and I surrendered all to Jesus. He accepted my poor, sinful heart and transformed me from a life of sin and misery to a life of peace and joy, and now I am rejoicing in the love of Jesus Christ who suffered and died for us that we through Him might live.

I trust that your paper may be spread throughout the land and that many may be benefited by it as I have been.

F. E. Carter.

WHICH WAS THE GREATER?

Laura L. Fisk.

Yonder lies a heap of ruins. Last night's earthquake shook the foundations of what was then a beautiful monument, the statue of some renowned man; and now it lies in the dust. The crowds have gathered; they lament its fate; they weep for the memory of the man whose likeness it was; and go their way with sad hearts because of the disaster that has befallen their community.

But now there comes a man who takes that pile of stones and builds it again, and makes of it the beautiful statue that it was, lifting its head high above admiring crowds about it. And what of the man who performed this worthy feat—this artist? Behold, he is lauded to the skies; he is banqueted; his praise is sung; for he has restored the people's idol!

Here lies a man in the gutter. There was a time in his younger days when he stood erect and noble, a splendid specimen of manhood. Few could boast a better education; few could look upon the world with more glowing prospects than could he. But now how changed! A mighty monster, with a vise-like grip, has seized him and hurled him to the ground. Sinful and degraded, he lies in the dust. Rags and filth scarcely serve to cover him. Wholly undesirable and helpless, is there any one who will come to his aid?

Yes, there comes a brother, seeking for such as he, and finds him. Gently he lifts him and leads him away, as the crowds, displeased and disgusted with the sight of him, go another way. This brother clothes him, feeds him, tells him of a better life. Very pitiful is the story which the man relates of his fall from the life he had once known; and

now it seems to him that to be restored to that life would be more desirable than any other thing. "God be merciful to me a sinner," he cries, and it is the only prayer he can offer. God hears and answers. The brother becomes his constant friend, aids him in the rebuilding of the character that ruthless hands had torn down.

And now the deed is done. Before the world again stands the man, clean and noble, a trusting, praying, working Christian — a mighty and valiant man for God. But now where is the multitude? Where are they who should cheer the brother who so patiently, willingly toiled from day to day that the man's life might be built anew? Is it not a grander thing, yea, a thousand times a grander thing, to rebuild a living human life than to replace a heap of dead stones upon a pedestal? Not true in the eyes of the multitude, but true in the eyes of God!

BETTER ALONE THAN IN BAD COMPANY.

Rosa Ziegler.

Life Boat Rest Visiting Nurse.

"Just four or five weeks' associating with 'jolly company,' and see what it has brought me!—my heart-broken mamma and papa at home grieving and weeping for me (mamma says she cannot eat nor sleep since I left)—disgraced my home and my own good character gone!"

Such was the testimony of a sweet-looking girl of fifteen years whom we met at the Harrison Street police station some few weeks ago, brought there by the policemen and awaiting trial together with the rest of the prison's inmates.

The description of those few weeks with "jolly company" is quite a long story, hence, suffice to say that this girl—the pride of her parents' hearts—came to the realization of what kind of a paymaster the devil is, and turned her back on the resorts of those "gay" times and decided that the Lord's way is always the best way whether or not we may always feel inclined to think so.

Mothers and fathers, is it not time you were trying as never before to instil into the hearts and minds of your children things that are noble, good and true, holding up before them pure ideals of an elevating nature rather than otherwise, and are you yourselves living exemplary lives before them in the daily walks of life in your home?

Girls and boys—my younger sisters and brothers—is it not time each of you were asking yourselves the question as never before—is my daily life, at home or abroad, an influence for good or for evil to those with whom I come in contact?

"Not seeking mine own profit, but the profit of many, that they may be saved." I Cor. 10:33.



PHYSICAL REDEMPTION



TALENTS OF HEALTH.

Are you burying the talents of health which God has given you, or are you endeavoring to multiply them?

There are so many who seem to have a good start in the world physically, but how shamefully they have buried or abused their talents of health by wrong habits of eating, dressing, exercise or by dissipation.

God will surely hold them accountable for this. If your talents are few, then you have a greater need to put them out to usury and multiply them.

If you feel that you have not much of a chance in the world physically and your condition hampers and hedges you about, then just remember it is your privilege to make the most out of what God has given you.

Try to increase your physical talents by adopting right habits of living. God will bless you in this effort if you will go at it with a will and with the determination to persevere. No man liveth unto himself and if you would make the most of this life you must strive to climb the ladder of health steadily, round by round.

GOD IS WORKING IN THE HOSPITAL WARDS.

HARRY MILLER, M. D.

In the ward of our hospital are found the poor and destitute sick. Many of them are sick because of their former unfavorable surroundings, while others are brought to the hospital ward because they have deprived themselves of the necessities of life in order to secure alcohol, opium, tobacco, etc.

It is not enough to minister to their physical suffering. They need to be taught right modes of living, true morality and the value of human life. This is the work we are carrying on in the wards of the American Medical Missionary College Hospital. Most of such patients realize that they are morally weak and our nurses minister to their spiritual as well as to their physical needs.

A druggist who had an attack of delirium tremens was brought into the hospital. He imagined he could hear men talking about him. His eyes were congested. He was in a condition of great excitement, his pulse was weak and abnormally rapid, and it was impossible for him to sleep. In such cases, even after the most powerful drugs have failed, it is often possible to induce sleep by wrapping the patient in a wet sheet wrung from cold water and covering closely with dry blankets. This treatment rarely fails to

produce the desired effect and in this instance, the patient was soon enjoying a natural and refreshing slumber. When he awoke he was rational, though very weak in body and unable to move without pain. While his nurse was engaged in ministering to his physical comfort, he was also prepared to give him spiritual help. He prayed with him and asked him to pray. This was the first time the man had ever felt his need. He had his eyes opened as it were, and decided at once to lead a Christian life. In the hospital wards the men often reach a turning point in their lives. They come to a time when they must either make a stand for a right life or go headlong into destruction. And how important it is at such a time to have Christian physicians and nurses to direct the patient aright. It means life and happiness on one hand or destruction and death on the other.

ARE YOU ROUND SHOULDERED?

MRS. DAVID PAULSON, M. D.

Consumption is alarmingly on the increase. One-third of the adult population of this country die of tuberculosis.

Undoubtedly one great cause for this is

due to the fact that a large majority of people stand and sit and walk incorrectly. God made man upright and it was certainly never intended that any should go about stooped over, carrying their chests in the back instead of the front, and with their chins projecting in such a way that it sometimes reminds one of the beak of a bird.

When the chest is depressed in this way it interferes with the full expansion of the lungs





and the circulation of the blood. If the lungs do not expand properly the life-giving oxygen in the air is shut out and they are more susceptible to disease.

If you do not want to drop into a consumptive's grave adopt the following suggestions:

Take deep breaths of pure air. It is important that you develop

your lung capacity as much as possible. The accompanying cut shows a good energetic standing position. This can be obtained by standing with the heels and hips and shoulders touching the wall, then bend the back until you are looking at the ceiling. This brings the shoulders forward. Then bring the head to the erect position.

In leaning forward the bending should be done at the hips and not at the waist or shoulders. There are some simple exercises which one can take, some of which are illustrated by the accompanying cuts. These can be taken anywhere. When taking the exercise in cut number two it is necessary that a correct position should be maintained during the whole exercise. Rise on the toes, then bend the knees as illustrated in the picture, at the same time stretch the arms directly upwards, with palms facing each other. As you rise up the arms are brought down to the side. This movement may be repeated until one feels that some work has actually been done.

The second exercise illustrated is taken in this way: the hands are placed at the back of the neck, the elbows should be as far back as the shoulders, then the body is bent first to the right side, then to the left, taking

care all the time to keep the chest up and the elbows back.

Another very beneficial exercise consists in supporting the body on the hands and toes, then bending and extending the elbows, thus lowering the entire body to the floor several times in succession.

This exercise taken correctly will accomplish much in muscular development, especially to the muscles of the chest. These exercises are just as suitable for the smallest room as in the best equipped gymnasium.



CALIFORNIA, IA.

I used tea for over forty-five years and I saw that a man in The Life Boat Mission gave up using tea, coffee and tobacco, so I thought that I surely could give up one. I did not think tea did me any injury, but find that it did. I believe it caused catarrh of the stomach, from which I have been a great sufferer for the last four years. You may give this as a testimony to others, for I know that tea, coffee and tobacco are an injury to anyone.

May God bless all your work in that great city of sin is my prayer.



Life Boat Mission



PERSONAL SOUL-SAVING WORK.

E. B. VAN DORN.

Supt. Life Boat Mission.

How to BEGIN.

Win their confidence and affection. "The goodness of God leadeth to repentance."

Rom. 2:4.

Show men their condition. Rom. 3:23.

Show men how to accept Christ. Jno. 5:24.

Two things essential after hearing the Word.

Confession and forsaking of sin on your part, and believing that God is faithful and just to forgive and to cleanse. I Jno. 1:9.

Prov. 28:13.

The Careless and Indifferent Sinners.

Their Condition.

Sinners. Rom. 3:23.

Lost sheep. Isa. 53:6.

Iniquity marked against them. Ps. 130:3.

Perhaps you say that you are not a thief or a liar; that you are not profane, etc.; but do you love the Lord with all your heart? Matt. 22:37.

If you commit sin, then you are the servant of sin. Jno. 8:34.

You may profess to be free from care, but God's Word says you cannot rest. Isa. 57:21.

The wages of sin is death. Rom. 6:23; Jno. 8:24; Rev. 20:15.

God's Relation to those in this Condition.

Jno. 3:16; Isa. 53:5, 6; I Pet. 2:24; Redeemed by His blood. I Pet. 1:18, 19. Some will not listen to you at all. In this case, ask the Lord to help you to say something that will never leave them, but will follow them as long as they remain in sin. Rom. 14:12 is a good text to use. "So then every one of us shall give an account of himself to God."

You have to do it some time, *why not now?*

We are always glad to answer any questions pertaining to your soul's salvation; if you will kindly write to us, we will try to answer them in these columns in the light of God's Word.

Address us at the Life Boat Mission, 436 State street, Chicago.

CAN A USELESS MAN BECOME A USEFUL ONE?

A year ago J. C. Stuart drifted into our Life Boat Mission a pitiable wreck. Today he has a good business position in a western city and may be found nearly every night in some mission as a living evidence that conversion is not simply imagination. He learned to drink at his father's knee and for forty-two years he was drunk whenever he was able to get liquor. He early began a criminal career. He had several attacks of delirium tremens. In a hospital he saw a man die of delirium tremens and he felt impressed to live a sober life, but in two hours after leaving he was drunk again.

One of our workers went into a lodging house on State street, where he happened to be, and invited him to come to the mission. He went, hardly knowing why he did so, and he heard saved men give their testimonies; he held up his hand for prayer, but went directly from the mission to a saloon. He went to the mission again the next night, and again held up his hand but he did not pray for himself, and again he went to the saloon. The next night he not only held up his hand for prayer, but he asked the Lord to help him, and his prayer was answered.

So, after serving time behind prison bars, both in this and foreign countries, he found in the Life Boat Mission, in the heart of Chicago, what he had looked for so long. Shortly after his conversion as he was filling his pipe, something said to him: "What do you want to do with that?" It so impressed him that he threw his pipe into the street, and his bag of tobacco after it, and he has never smoked since. One day as he was passing a saloon he got a whiff of the fumes of liquor, and he felt himself slipping away. He lifted his face to heaven and said: "God help me now," and God heard him. And he overcame the temptation.

In a recent letter he writes: "The night I came into the Life Boat Mission I was an outcast, without a friend in the world, saturated with liquor, steeped in tobacco, filled with sin, without a home, and absolutely worthless, but there I found the only cure for sin. Although the way has not always been smooth since I began to serve God, He has always given me strength and victory. (Isa. 29:31.)"

Will you be one of a hundred to give one dollar a month to pay the rent of The Life Boat Mission?



Rescue Service



BEAUTIFUL SNOW.

[One dark Saturday night in mid-winter, there died in a hospital in Cincinnati, a young woman over whose head only two and twenty summers had passed. She had been flattered and sought for the charms of her face, but upon her fair brow were now written the evidences of a wasted life. She was well educated and had accomplished manners, and she might have been a useful instrument in the hands of God. Among her personal effects was found this poem, "The Beautiful Snow." May every one who reads it remember the words of that greatest of all poets: "Wash me and I shall be whiter than snow." Psalms, 51:7.]

Oh! the snow, the beautiful snow!
How the flakes gather and laugh as they go!
Whirling about in their maddening fun;
It plays in its glee with every one—
Chasing,

Laughing,

Hurrying by.

It lights on the face and it sparkles the eye:
And playful dogs with a bark and a bound
Snap at the crystals that eddy around;
The town is alive, and its heart in a glow
To welcome the coming of the beautiful snow.

Once I was as pure as the snow; but I fell—
Fell like the snowflakes from heaven to hell;
Fell to be trampled like filth in the street;
Fell to be scoffed, to be spit on and beat;

Pleading,

Cursing,

Dreading to die.

Selling my soul to whoever would buy;
Dealing in shame for a morsel of bread,
Hating the living and fearing the dead.
Merciful God, have I fallen so low?
And yet I was once like the beautiful snow.

Once I was fair as the beautiful snow,
With an eye like its crystal, and heart like its
glow,

Once I was loved for my innocent grace,
Flattered and sought for the charms of my face,
Father

Mother,

Sister, all

God and myself I have lost by my fall!
The veriest wretch that goes shivering by
Will make a wide sweep lest I wander too nigh,
For all there is on or above me, I know,
There is nothing as pure as the beautiful snow.

Helpless and foul as the trampled snow;
Sinner, despair not, Christ stoopeth low
To rescue the soul that is lost in its sin,
And raise it to life and enjoyment again.

Groaning,

Bleeding,

Dying for thee,

The Crucified hung on the accursed tree;
His accents of mercy fell off on my ear;
Is there mercy for me? Will He heed my prayer?
O God, in the streams that for sinners doth flow
Wash me and I shall be whiter than snow.

The man or woman who will drink or eat simply for pleasure will be very likely to do other things from the same motive, and thereby lose spiritual experience for pleasure. Such are "dead while they live."

A BRAND PLUCKED FROM THE BURN- ING.

FANNIE EMMEL.

Matron of the Life Boat Rest for Girls.

A request was sent for me to visit a woman who was dying. I only lingered long enough to ask Divine help and strength, and then hurried away to the place. I climbed to the top of the building and there I found a woman who was very ill. She said, between her gasps: "I am so glad you came. I have lots of company who can talk nonsense and foolishness, but I want some one to talk good things, and pray with me. I have been sick two years, and I have lain here and wept and prayed day and night for God to help me, for I didn't want to die this way."

After reading to her from Isaiah 53, I asked her if she believed it? She said, "Yes, but I have been so wicked." Then we read John 3:16, "Whosoever believeth in Him should not perish, but have everlasting life."

I asked her, "If you were to recover, what would you do? Would you go back on the Lord?" and she said, so earnestly, "Oh, no." Then she opened her heart to me and told of the burden of sin that was breaking it. Her mother died when she was but ten years old, then her father took her to an aunt. She had been a good girl until the time she came to Chicago, then temptation came, and, like so many other poor, weak girls, she fell. When her aunt heard of the poor girl's troubles, she declared that she would scald her with hot water if she ever dared to come into her presence. All her relatives cast her off when she needed their help the most. Her sisters, having been placed in wealthy families, she naturally drifted away from them, and the question would come to her mind, "Who cares? I have no one to live for. No one cares for me," and her steps downward were uninterrupted. She added, "I used to be on State street when you came around selling LIFE BOATS to us. I went from bad to worse, but now I send for you." I told her the story of Jesus talking to the woman at the well of

Samaria. I told her how the Master was anxious to impart to her the greatest gift, that of justification by faith and eternal life, if she would accept Him, and then I asked her if she *would* accept Him. She said, "Oh, yes, if He will accept *me*." I assured her, "He does, dear friend."

That was the sweetest hour of my life. The Lord made that precious truth, justification by faith, to shine out in radiant glory as a polished jewel, as I presented it to this poor, dying wreck of humanity, although she had never given one day's service to her Master.

The next time I visited her, she said, with tears running down her cheeks, "How good the Lord is to me. Some poor people are lying sick in back rooms or attics and have no one to come to them and talk with them as you have to me. If I was well, how gladly I would go to them." I asked her what she would tell them if she did, and where she would go, and she said, "I would go down to State street, and I would talk nice to the girls and tell them of Jesus."

Did you ever think, dear readers, that John the Baptist had to spend time preparing the way before he had the privilege of introducing Christ to the crowd in those beautiful words: "Behold the Lamb of God, which taketh away the sins of the world?" So let us not be discouraged if it takes a little time of preparation before the person we are seeking to save actually *sees* Him.

TO MY DISCOURAGED AND DIS- HEARTENED SISTERS.

MRS. DAVID PAULSON, M. D.

We have just received a letter from a young college girl, which I am sure must express the feelings of many a young girl.

The following are a few selections from this letter:

"As I was reading *THE LIFE BOAT*, I came across the article headed, "To my discouraged and disheartened sisters," with your name at the close. I certainly am one of your discouraged sisters, and I made up my mind to write and see if you could help me any. I have been attending school since last September, and when I came I loved the Master very dearly, and would have given my life if need be for Him. But I had not been trying to serve Him very long, and college life is so

full of trials and temptations for a young girl, and the number of pure, sweet Christlike girls here is so comparatively few that I have become discouraged and have been on the point of giving up altogether. It seems that I cannot keep apart from the sin all around me, and before I am scarcely aware, I have gone astray.

My ideals are very high, so high that I can never be satisfied until I become even as Christ himself. I do not seem to get an answer to my prayers as I used to, and I believe I am losing faith."

Possibly some girls who read this may be passing through similar trials. If so, allow me to say to you that God wants you to have a different experience. Do not look at others whom you think are having such wonderful experiences and feel discouraged because God does not give you the same.

"As thy day, so shall thy strength be," and we may say, as thy opportunity, so shall thy strength be. We must each have an individual experience, and we can be sure that God will allow us to have just those experiences that will best fit us for His service.

If you feel that you cannot rise above the environment which is dragging you down, do not become discouraged, but write us, and possibly God will use us to help you.

HOW SHE SAVED FIFTY CENTS FOR THE PRISONERS' FUND.

Mrs. Thomas Williams writes:

"Enclosed please find one dollar for the prisoners' fund. My health is very poor, so I am obliged to hire my washing done, but last week I told the Lord that if he would give me strength to do my washing, so that I could save fifty cents, I would send it to the prisoners' fund."

My dear mother died when I was a boy and I fell into the hands of strangers. I have seen a hard time, though God is good to me now. I never prayed in my life until I was put in prison. I then got the Bible and read it, and then, in a prison cell, eight by eight, I sent forth my first prayer.

I hope to meet my dear mother by and by in heaven, for I know there is eternal rest for the honest man. I am only a boy, and may be I can yet help some one else to the dear Saviour.

Jefferson City, Mo.



Visiting Nurses



JOY IN SERVING OTHERS.

MILLIS COLLINS.

A dear old lady whom I have had the pleasure of treating every day since the first of January said to me one day when I was dressing her wound: "My husband has been drunk all this week and I haven't had any rest and I am feeling so badly this morning." The tears came to her eyes as she said: "Nurse, how can you afford to come away out here to treat me this bitter cold weather, when I can't give you anything but my honest word that if I ever get up again I will pay you?" Then I asked her if she thought Christ would let any one suffer if it was in His power to relieve them? In trembling tones she said: "No, and I know you will get your reward in heaven and I know the Lord will certainly bless you on earth."

Another old lady came into the dispensary who had been badly scalded a year ago and we had treated her when there was little hope for her recovery; she is able to be around, but not strong enough to earn a living; she came back to us again and we gave her some articles of clothing which had been sent to us by some of THE LIFE BOAT readers and others who have an interest in helping the needy here. The expression of gratitude which lighted up her face and her words: "God only can reward you for your kindness to me," which she repeated over and over again were ample reward for all we had done for her. If the people who send these clothes here could know the comfort they afford to many poor souls they would feel fully repaid for the trouble it has cost to send them. Christ says: "Inasmuch as ye have done it unto one of the least of these, my brethren, ye have done it unto me." Matt. 25:40. It is only by serving one another that we are free and perfectly happy. "Ye have been called unto liberty, by love serve one another." Gal. 5:13.

DO THE RESULTS OF YOUR WORK DISCOURAGE YOU?

MADGE ROGERS.

[Miss Rogers spent a number of years of most faithful service in various departments of our Chicago Medical Missionary work.

Recently she was sent to fill a position of responsibility as nurse and cooking-school teacher in the great National Cash Register Works of Dayton, Ohio.

Those of our readers who have seen but meager results from their efforts to benefit others will gather fresh courage from the following incident.—EDITOR.]

It was a hot summer day in July when I called at a house in Chicago to invite the family to a lecture to be given that evening at our Medical Missionary Settlement, which was then located on Forty-seventh street.

The door was nearly slammed in my face, and the woman said she got lectures enough at home. I smilingly said, "Maybe you would like ours better." She said afterward that she wanted to quarrel with some one, so she invited me in. During our talk, I tried to show her that she ought to go out and try to do something for some one else if she wanted to be truly happy.

That night, when I went home, I said to our matron, "I hope you will never ask me to invite people to another lecture. I have not accomplished one thing today, and I am tired and discouraged."

Seven years passed and I was called back to Chicago to take charge of the Visiting Nurses' work. One morning, after two months' work, I called our nurses together and said that I could see but little result from our work, and it seemed as if we might as well quit if we could not accomplish more.

An hour later I was passing through our Halsted Street Dispensary, when a woman, sitting by the stove, with a little child by her side, called to me, "Miss Rogers, don't you remember me?"

I looked at her a moment and said, "You look familiar, but I don't remember the name."

"Why, I'm Mrs. ———, whom you came to invite to the lecture when you were on Forty-seventh street. You said something that afternoon that impressed me, and," pointing to the child at her side, she said, "this is the third orphan I have adopted as a result of that talk."

Moral.—Do your work faithfully and God will take care of the results.

A certain amount of effort at the right time and in the right place will be a hundred-fold more effective than if performed in the wrong manner, at the wrong time and in the wrong place.

Neighborhood Gospel Work

GOSPEL WORK IN PENNSYLVANIA.

The Lord has helped the three Rhan brothers and Robert Felty in a very remarkable manner as they have taken up the Master's work. During the last few months they have sold many thousands of LIFE BOATS.

They go to a city and visit every home to sell the papers and then make arrangements to have THE LIFE BOAT delivered each month.

J. P. Rhan writes,—“I have disposed of 110

those who suggest that they will take a copy at some future time, and I call on them the day when I make collections in that neighborhood.

“If the first work is carefully done, those who follow it up will have an easy time, for the people are always glad to get the new copy of THE LIFE BOAT.

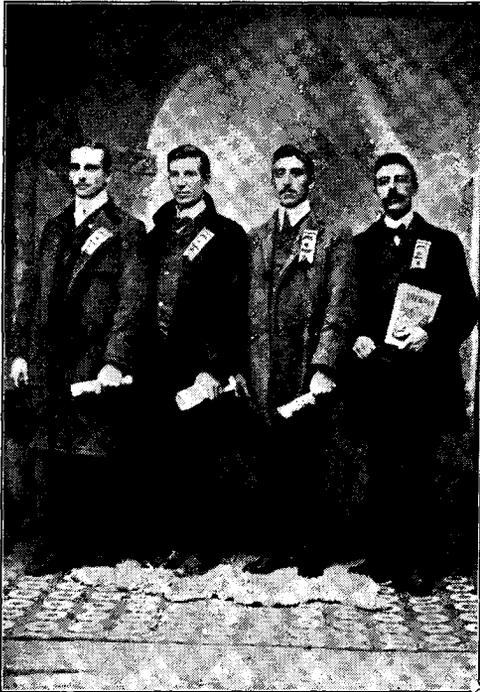
“IT DID ME GOOD! IT WAKED ME UP.”

K. C. RUSSELL.
Boston, Mass.

These words were spoken by a lady of refinement and culture, who knew but little of a life of hardship and misfortune, evidently after she had eagerly devoured the contents of THE LIFE BOAT: “I liked the paper. I read it through before I stopped; it did me good; it waked me up; it helped me to see something of the dark side of life.” These significant words from one in the higher walks of life show that the mission of THE LIFE BOAT is not only to lift up the fallen, but it also touches a chord in the souls of those who have never realized the needs of those who are being tossed upon the merciless waves of the great ocean of life.

The Lord, in Romans 13:11, says: “It is high time to awake out of sleep.” There is nothing that will so arouse us as to be brought in contact with those whose lot is worse than ours, and it also makes our petty trials seem small and insignificant. A young man a short time since said, as he was about to depart for prison: “You might as well die as to slip once. I had been perfectly honest in my business life until one day—I suppose I must have been insane or half insane—I just yielded once, and that was the end of me. I am going to prison now; I might better be going into my grave. What shall I be when I come out? The years I was straight count for nothing; one moment of weakness wipes that all out.” These are the words of one in despair who does not know that there is one who has pity and will receive him though his sins be as scarlet. This very experience may in the providence of God awaken him to his real need. My prayer is that the coming number of THE LIFE BOAT may find its way into the cell of this disheartened man with a message of cheer.

Those who want to have a part in awakening people of every class will find THE LIFE BOAT work is one of the ways to sound the alarm.



ADAM RHAN, ROB. FELTY, H. RHAN, J. P. RHAN.

copies in six hours without working very hard. I find many families who are paid by the month and who do not happen to have the five cents in the house and yet are anxious to have a paper, so I leave a copy with them and make arrangements to have the money collected later. I make a note of

THE LIFE BOAT OVERLAND TO THE PACIFIC COAST.

A little more than two months ago two of our workers, Mary Smith and Alice Burghart, started on a missionary tour to the Pacific coast over the Rock Island System, stopping at all the important cities, meeting their expenses by the sale of Life Boats.

From Denver Miss Burghart writes: "We arrived in Denver yesterday morning, and while waiting for the train to Boulder I went out on the main street of the city with sixty LIFE BOATS to see what could be done. In two hours I had sold them all within a couple of blocks of the depot." A little later she writes from Boulder, Colo.: "The children are all so enthusiastic about this work that I have to answer a great many questions. It snowed yesterday, but I went out and sold seventy-five and took thirteen subscriptions. A doctor gave me a dollar and I received several other donations.

"More than once I have thanked God for sending me to that grand old spot in Chicago. It has been the means of my getting some of the grandest experiences of my life. I hope that all of the workers there will make the most of their opportunities and prove faithful to their duties, for we may never have such opportunities as these again. Just as sure as they are faithful God will open the way for their advancement, even though they may seemingly be surrounded with almost insurmountable difficulties and hard work. I am sure that if they try to walk in the straight path that they will at last reach the top.

"Many people said about Denver: 'You will find it a very hard place to work. No one has ever made anything yet by canvassing there.' These were not very encouraging words, but the first day I sold more papers and took in more money than I had ever done since I sold my first LIFE BOAT. I sold one hundred and seventy-five papers and received \$12.35 and took thirteen subscriptions.

"This afternoon I took one of the girls out with me. She was very much afraid she could not sell any. She went with me for a short distance and I urged her to try the offices alone. When I met her again she solemnly told me that she had not sold any and that I had better let her go home. I told her that I only sold a half dozen the first day I tried, and I asked her to stay with me until she had sold one. She agreed to try again, and I asked the Lord to help her. The next time I met her she told me with a beaming face she had sold three in one place and two people had given her twenty-five cents for the paper. I know that God does hear and answer prayer at once. She sold twenty-five, then took ten more and sold them. This is the experience that many are having. The Lord is with us and nothing can be against us."

From Colorado Springs she writes: "This

is a beautiful city, nestled in among the mountains, and it is an excellent place to work. The first five hours after we arrived I disposed of a hundred Life Boats and took twenty-four yearly subscriptions, receiving for all \$10.30."

Miss Smith writes: "Yesterday we visited the reform school at Golden, Colo. They have here two hundred and eighteen bad boys who are learning to work and obey.

"I think it is a model school, the best of the kind I have ever seen. I want to tell you how the Lord blessed the voice of a little boy at jail meeting. The cells were full of men who had broken the law of our land as well as the law of God, and arrested for being mean and low, and they were in jail awaiting their sentence. They were rough and hardened. And when the men of God talked to them they seemed hardly to hear, but just before the meeting closed a little boy began to sing "The Golden Gate." The Lord helped him to sing, and as he sang "Who Will Enter the Golden Gate?" God touched their hearts and they wept loud and fell upon their knees and asked God to make them worthy to enter the Golden Gate.

SACRIFICING FOR THE PRISONER.

"Find enclosed \$3.00, for which send the April LIFE BOAT to the prisoners. I have earned this money baking bread. I contemplated getting a pair of shoes, but after reading the February number of THE LIFE BOAT I decided to send it for prison work. I trust the Lord will direct it in a way to save some soul from destruction."

The secretary of the Missionary Society of the Emmanuel Missionary College ordered thirteen hundred copies of the January LIFE BOAT, and writes that they will be used in connection with an active gospel campaign. Let the students of other schools consider the advisability of doing the same.

A MISSIONARY IN GEORGIA STATE PRISON.

God bless THE LIFE BOAT and all of the workers in the vineyard. I received twenty-four copies at one time, and sent them all out. They went like hot cakes, and I could use one hundred each month if I had them. I would be thankful for all you can spare each month; back numbers will be taken. I am now trying to get some persons outside of the prison to subscribe for it.

Best of love to you and all prisoners.

Yours sincerely in the faith,

Editorial Department

David Paulson, M. D.

ARE YOU WEALTHY OR INFLUENTIAL.

This number of *The Life Boat* will be placed in the hands of nearly 100,000 prisoners. We believe that God will use it to arouse better and nobler impulses in the hearts of many of these men.

We have received a host of the most appreciative letters from prison wardens and chaplains telling us of the good that has been accomplished by *THE LIFE BOAT*.

The money necessary to pay the printer's bills to produce the papers used in this way has largely been sent to us by the lowly of earth, who have in many cases deprived themselves of even the comforts of life that they might have a share in this labor of love. Do you want them to have all of this blessing? Think of what a glorious thing it would be if you would make it possible for us to supply the entire prison population of the United States with *THE LIFE BOAT* each month? Who can measure the good it would bring to this country or estimate the number of human souls that would be gloriously saved as a consequence?

We have waited five years before making this appeal, but we feel impressed that God wants us to make it now. We have been sending as many *LIFE BOATS* each month as we could to a number of the state prisons, and letters come back telling us that sometimes they are passed from cell to cell until they are fairly worn out.

Those who are engaged in this movement are earning their support by other employment, so every penny that you may contribute to this work will be expended to produce *LIFE BOATS* for this purpose.

We will send you interesting accounts of what your gift accomplished, although the full result from such an effort we shall never know until we meet it over on the other side.

Address, the Editor of *THE LIFE BOAT*, 28 33rd Place, Chicago.

WILL YOU DO SOMETHING FOR A PRISONER WHEN HIS SENTENCE EXPIRES?

Were you so fortunate as to have Christian parents, who taught you to pray and to love that which was sweet and good and wholesome in your early life? and have you ever since been surrounded by helpful influences? If so, will you now show your gratitude by taking a little interest in some poor fellow who has not been so favorably situated?

We will put you in correspondence with some prisoner, whose sentence will soon expire. We want you to become so interested in him that you will extend to him a brotherly hand at the very time when others will be inclined to turn away from him with looks of cold suspicion.

He will probably have plenty of faults, but if he has a sincere desire to be a true man, you ought to be willing to do what you can to encourage him.

We are glad to say that of all the prisoners with whom we have come in personal touch and of all those with whom we have put others in touch, we have yet to find the first instance where we have been taken advantage of. When the motive that prompts us to help others is a sincere desire to do good to humanity, the Lord will not send us more imposters than He sees will be for our own good.

ARE YOU CONCERNED ABOUT ONE OF YOUR FRIENDS?

Have you a friend for whom you are deeply concerned, who is addicted to the drink habit, or who is a slave to tobacco, or a drug fiend, or in some other way bound with the shackles of sin? We wish to send him a copy of *THE LIFE BOAT* and also write him a letter for the purpose of interesting him in the saving gospel. If you can afford it, enclose several stamps to pay for the postage and stationery.

Hundreds have given their hearts to the

Lord after reading a copy of this paper. The time has fully come to offer the soul-saving gospel to every one who needs it. Do you know any such person? If you do how can you expect the Lord to say "Well done, good and faithful servant," if you have not been willing to take this much interest in his soul's salvation?

HAVE YOU TAKEN THE LORD INTO PARTNERSHIP?

Thousands of prosperous business men are ready to admit that they owe their wonderful success to the fact that, years ago, they were fortunate enough to secure a good business partner. The chief difference between the greatest missionary and the most unsuccessful Christian is the fact that the former took the Lord into partnership, and the latter tried to work alone.

There are many who are willing to have the Lord for a partner in their Sabbath school and prayer-meeting work, but they forget that the Lord is as willing to be their partner in the house cleaning, in the farm work, in their school work, and in all the common vocations of life. Only those who have discovered this fact, have tasted the real sweetness of the Christian life.

Dear reader, if you have not yet accepted the Lord as your partner make the necessary arrangements at once and your associates will soon discover that a new era has dawned in your life.

A WORD TO THE WOMEN IN PRISON.

We have received hundreds of letters from men in prison, but very few from women. Possibly this is because we have not extended to them a special invitation to correspond with us. We desire to help the women as well and to let them know that we are their friend. Address Mrs. David Paulson, 28 Thirty-third Place, Chicago, Ill.

WE NEED A TYPEWRITER.

As our work increases it becomes necessary to constantly enlarge our stenographic force, but an increase in soul saving work does not mean an increase in money. So who will help us to buy another typewriter?

WILL YOU HELP HER?

A poor girl in Pennsylvania who has never had any chance in life wants to come to Chicago to connect with THE LIFE BOAT work, but she has no way of securing the fifteen dollars for her fare. Will some of our friends assist in giving this girl a chance? If you can only give ten cents it will be accepted. Send the money to Mrs. David Paulson, 28 33rd Place, Chicago, Ill.

CHICAGO MEDICAL MISSIONARY TRAINING SCHOOL.

Do you feel that the Lord is calling you to have a part in the Medical Missionary work which THE LIFE BOAT represents? If so, we want to call your attention to the fact that the Chicago Branch of the Battle Creek Sanitarium maintains a regular Training School for Missionary nurses. Write us stating your age, condition of health, experience in gospel work, and send written recommendations from at least two responsible parties. Students received at any time.

Address, Mrs. David Paulson, 28 33rd Place, Chicago, Ill.

THE LIFE BOAT TRAINING SCHOOL.

For the benefit of our young people, who wish to come to Chicago and engage in missionary work for a short time, we have recently organized The Life Boat Training School, covering a three month's course of instruction in the following subjects:

Mission work and methods, E. B. Van Dorn.

Principles underlying rescue work, Fannie Emmel.

Living issues of the day, David Paulson.

Prophetic History, W. C. Dalby.

Physical Culture, Mrs. N. W. Paulson.

Drills in Practical Education, Lillie Holiday.

Cottage Meetings and Children's Work.

This instruction will be given free to all who are actively engaged in some form of the Chicago missionary work.

Those who wish to avail themselves of this splendid opportunity should correspond with us immediately, giving their age, previous experience in Christian work, condition of health and the educational opportunities that they have already had. Also the names of one or two responsible persons to whom we can refer, if we so desire, for further information.

All applications should be addressed to the Secretary, Nina Case, 28 Thirty-third Place, Chicago, Ill.

A HUNDRED MORE YOUNG PEOPLE FOR CHICAGO.

There is a chance for a hundred earnest, energetic young people to come and connect with the Chicago LIFE BOAT movement and gain an experience in active soul-saving work. Only those who are determined to become whole-hearted missionaries need to apply.

Address, the Editor of The Life Boat, Chicago, Ills.

THE LIFE BOAT CAMPAIGN.

Mrs. N. H. Richmond is spending a few weeks in the interest of THE LIFE BOAT work in Grand Rapids. She has already disposed of twelve hundred LIFE BOATS and has begun gospel work in the jail and in the Soldiers' Home. She has given a talk to the Local W. C. T. U. and filled many other openings.

Mr. and Mrs. Niehaus, of Franklin, Indiana, have just started for San Francisco, California, via St. Louis, El Paso and Los Angeles. They will defray their expenses by selling LIFE BOATS. They are experienced workers and we believe their efforts will be blessed of God.

Fannie Emmel and Nina Case recently spent a week in Detroit in opening up The LIFE BOAT work there. They were accorded a hearty reception and no doubt in the future thousands of papers will find their way into that great and needy city.

Thos. Park is at present in Newark, Ohio, engaged in selling LIFE BOATS.

Nina Case and Elizabeth Fort have left for St. Louis, Little Rock and Memphis and other important Southern cities to organize the LIFE BOAT work.

Messrs. Davis, DeLorbe and Peterson are just leaving Chicago over the Rock Island Route for the South. They will stop at all the important cities, defraying their expenses by selling LIFE BOATS. They will hold street meetings and other gospel services as the Lord may open the way.

When you have read that helpful article on prayer in this number from the pen of S. N. Haskell you will want to send a stamp to get a sample copy of The Bible Training School, of which he is editor.

Address, Bible Training School, 426 Franklin Avenue, Brooklyn, N. Y.

DON'T LET YOUR SUBSCRIPTION EXPIRE.

As your eye falls upon these words, stop and think if your subscription is not about to expire; if so, send twenty-five cents while the thought is in your mind. It is a very small thing and very easy to forget. We do not wish to part company with you. With the help of the Lord, we hope to make THE LIFE BOAT better each month. Renew your subscription now.

ARE YOU A MISSIONARY STENOGRAPHER?

There is an opportunity for another missionary stenographer in the editorial department of THE LIFE BOAT office. Nearly all of the correspondence of this department is of a strictly missionary nature, so only those need apply who can get more in great soul-saving opportunities than they can in a large salary.

Address all applications to David Paulson, care THE LIFE BOAT.

AN INCIDENT IN THE HOSPITAL WARD.

[A little over a year ago after wasting nearly an entire life in wandering over much of the world, Brother Coombs dropped into the Life Boat mission, gave his heart to God, was changed and transformed. A few months ago he joined our nurses' class and has proved himself to be a faithful, efficient medical missionary in our hospital ward. A few days ago at the workers' noontide meeting he related the following incident.—Editor.]

The other day I was preparing a patient in the hospital for a surgical operation. When I was through I began searching for an appropriate chapter to read preparatory to having a season of prayer with him. I selected the twelfth chapter of Romans, and he asked to read it. His voice soon began to tremble and a little later he broke down completely. I thought he was nervous because he was about to go on the operating table, and I spoke to him about it, and he said: "No, I am troubled about my wicked soul." I suggested that we get right down on our knees then and there and make it right with the Lord and he did. It was a remarkable train of circumstances that brought this man here. Now as he is improving he is constantly planning how he can work for God when he leaves our hospital.

NEW SCHOOL TEMPERANCE.

To the Editor of The Life Boat:

Dear Sir—The Interstate Blue Button Army has been very active during the past year, having recruited 100,000, including 3,500 officers, many of whom are pastors of churches.

The Army was started a year ago by the National Christian Abstainers' Union, which was incorporated in New York October 12th, 1893, with John S. Huyler as president and a strong board of managers. The Christian Abstainers' Union now has 300,000 members.

We earnestly request each minister to send for a muster roll and ask his congregation for ten or more volunteers to start a "Company," whose aim shall be collectively to try to win one drinking man from the saloon to the church.

There are no membership fees or annual dues in this popular Army.

During the coming year we hope to decorate every total abstainer with the blue Badge of Courage, to be worn occasionally as a testimony and to encourage others.

We ask all interested to send two stamps as postage for the Statement of Principles, Objects and Methods and the beautiful souvenir badge, which will be sent free.

I have just received a letter from one of our navy at Manila that asks for the badge that he may wear it there as a testimony of a total abstainer for Christ's sake.

The badge is beautiful, it creates public opinion, it strengthens the wearer, encourages the weak, wins the boys and builds up sentiment against the saloon. The badge is the pledge out loud, the Blue Button Army is the Gospel in shirt sleeves. Send for badges and papers to Department Headquarters, 1118 Woman's Temple, Chicago, Ill.

Yours to win and rescue,
Henry H. Hadley, General.

After you have read Dr. Kellogg's splendid article in this number you will want to read more from his pen in Good Health, the best health magazine that is published. If you have the least doubt on this point send five cents for a sample copy and you will be convinced. One dollar per year. Address, Battle Creek, Mich.

The publication of the Medical Missionary and Gospel of Health has been resumed. As its price is only twenty-five cents a year everyone can subscribe for it. If you are interested in Medical Missionary work subscribe for it. If you are not interested you certainly will be if you read this magazine. Address, Battle Creek, Mich.

FROM THE CANADIAN MILITIA HEADQUARTERS.

In response to our letter in reference to introducing THE LIFE BOAT to the Canadian military posts we received the following reply:

"I have the honor to inform you that your letter to the military secretary of His Excellency the Governor General upon the above subject (distribution of THE LIFE BOAT), has been submitted to the general officer commanding, under whose instructions I now forward a list of the stations of the Permanent Corps, and would suggest that the best way of introducing the paper would be to send copies to the presidents of the library committees at each of the stations named."

B. H. Vidal, Colonel, D. A. G.

OUR HEALTH FOOD STORE.

Our health food store, located at 3314 Cottage Grove avenue, Chicago, carries a full line of health foods, nut products and sanitary supplies. We ship goods to any part of the country and deliver to any part of Chicago, free of charge.

Mail orders given prompt attention. Those who live in Chicago may order by telephone, 1131 South.

All profits from this store are used in maintaining our Chicago Medical Missionary work.

DO YOU READ THE SIGNS OF THE TIMES?

If you want a real live, up-to-date religious weekly, you will find just what you are looking for in the Signs of the Times, published at Oakland, California.

A sample copy will be sent you, or a dollar and a half will furnish you THE LIFE BOAT and The Signs of the Times for an entire year.

If you have not seen a copy of The Advocate of Christian Education, published at Berrien Springs, Mich., you do not know what you have missed.

Send for a sample copy. Subscription price, fifty cents a year.

ARE YOU INTERESTED IN ANTI-CIGARET LEAGUE WORK?

If you are you should be sure to read "The Boy," which is published monthly in the interest of the anti-cigarette movement. It is ably edited by Lucy Page Gaston.

Send stamp for sample copy. Address Room 1119, Woman's Temple, Chicago.

NEWS AND NOTES.

Miss Ruth Millett is spending a few weeks in Wisconsin.

Miss Emmel left March 4th to join Miss Burghart and Miss Smith on their western trip.

Mrs. Lawrence is taking a vacation in Harlan, Iowa.

Nina Case and Fannie Emmel spent ten days in Detroit in the interest of THE LIFE BOAT work. They report interesting experiences.

Miss Sowler, Miss Esther Latham and Miss E. M. Jarman have recently entered the Nurses' Training School.

We have recently organized a Life Boat Training School for the benefit of those who are selling LIFE BOATS and are engaged in other lines of gospel work here in the city.

The Sanitarium and Hospital have been well filled with patients during the month. A large number of applicants have been turned away for lack of room.

Dr. and Mrs. David Paulson spent a few days in Dayton, Ohio, giving health talks in the National Cash Register Works. They also visited Valparaiso, Ind., and talked in the normal college located there.

Letters are pouring in daily from prison officials showing their appreciation of THE LIFE BOAT. Who of our readers will help to circulate 150,000 copies of this issue?

DONATIONS.

ARMY AND NAVY.

Mrs. M. E. Crumb, 40c; Robert Cowan, 50c; Mrs. M. A. Clement, \$2.75; a friend, \$1.00; Mary Just, 75c; Daniel Nettleton, \$3.00; Mrs. H. Otis, \$1.75; A. G. Roberts, \$1.00; Mrs. Laura Tower, \$1.00; Upper Columbia Tract Society, \$1.90; Vt. Tract Society, 25c; Mrs. H. E. Walters, 75c.

LIFE BOAT MISSION.

Mrs. Emma Abbott, 25c; A Sister, \$3.25; Mr. and Mrs. E. Anderson, \$3.00; Carl Anderson, \$1.00; Mrs. F. A. Bush, \$3.00; J. A. Burkey, \$3.00; L. J. Baer, \$1.00; Jane R. Bailey, 50c; Nina Burgett, \$1.00; B. C. San. Helpers, \$10.00; Mrs. D. M. Boucher, 50c; Wm. Christopher, \$5.00; Mrs. M. E. Crumb, \$1.00; Harry S. Carter, \$1.00; C. W. Clark, \$2.00; A. C. Clawges, \$9.00; Miss Etta Chapin, \$2.00; S. J. Cornish, \$2.00; Ollie Conklin, \$3.00; A. C. Clawges, \$1.00; Mrs. M. E. Doison, \$1.25; a friend, \$3.00; J. A. Freeman, \$1.00; Lillie Troutfetter, 25c; G. A. P. \$1.00; Wm. W. Garahan, \$12.00; Chas. Hutchins, \$1.00; Mr. Harris, \$5.00; Mrs. Alma Harlan, 50c; Geo. Houck, \$4.50; Moses Hunt, \$4.00; Mrs. F. M. Halfrich, —; Alfred Jensen, \$2.00; Mrs. M. J. Knowles, \$2.00; Mrs. G. T. Keyser, \$1.00; Mrs. Elizabeth Nuding, \$1.00; Annie Olson, \$1.00; Mrs. J. H. Powell, \$1.00; A. G. Roberts, \$2.00; H. O. Reid, \$1.00; Mrs. Bertha J. Record, 25c;

PRISONERS' FUND.

A Sister, \$2.44; A California Friend, \$1.00; T. H. Archer, 50c; T. S. Anderson, \$1.00; Fannie Armstutz, 50c; Mrs. David Armstutz, 25c; A Friend, 75c; Mrs. Ed Albertson 25c; A Friend, 10c; A Friend, \$2.00; A Friend, \$1.00; Mrs. E. F. Atherton, \$2.00; T. J. Burkhart, \$1.50; Mrs. Mary Bowman, \$1.25; Emma Bollis, \$1.00; Alpha G. Brace, 50c; Nellie Butler, 50c; Mrs. Clara Bryant, \$2.00; Mrs. Jennie Baker, \$1.00; Mrs. E. E. Borden, \$1.00; Mrs. F. A. Bush, 50c;

Alonzo Balty, \$1.75; Mrs. Booth, 50c; Mabel Raucher, \$1.00; Burt Bray, 50c; Mrs. Rosa Bailey, \$1.25; Beaver City Sunday School, \$1.75; Mrs. Mary Cummings, 25c; Willie R. Crosiar, 25c; Mrs. Melissa Coakendorfer, \$5.00; Mrs. Ella Chaffee, 25c; Della Clark, \$1.00; Grace A. Cady, 75c; D. Collins, 25c; Mrs. E. B. Clarke, \$3.80; Maud M. Cole, 50c; Geo. H. A. Cramer, 25c; Wm. Christopher, \$1.00; E. C. Clarke, \$4.00; Mrs. Mary A. Coddington, 75c; Mrs. Emma Crackson, 50c; Nellie Clough, 25c; Mrs. Frank Currier, 50c; Mary N. Cassell, \$1.00; James Davis, 25c; F. A. Evans, \$2.00; J. J. Ellingsen, 25c; Mr. Emroy, \$6.60; A Friend, \$1.00; Susie G. Fiske, \$1.00; Mrs. J. Fishback, 75c; Mrs. Josephine Forsberg, 25c; Mrs. Foss, \$1.00; J. N. Forbes, \$10.00; Mrs. L. J. Fay, \$1.00; Mrs. Eliza Gurr, 25c; Miss Alice Goodman, 25c; Mrs. O. P. Gallo-way, 50c; Mrs. M. P. Gudme, 25c; Miss Lena Gudme, 30c.

PRISONERS FUND.

Ellen M. Gardner, \$1.50; Jan Lowery, \$1.50; John Gue, 50c; N. A. Goodwin, 75c; Mr. Gossard, \$10.00; Charles Hutchins, \$1.00; Mrs. M. E. Hart, \$4.00; Thos. T. Heald \$4.50; Mrs. Dan Hazen, 75c; C. E. Hal-liday, 50c; Olive Huber, 61c; Mrs. N. C. Han-sen, 40c; J. S. Howard, 60c; P. C. Heinrichs, \$1.00; Mr. and Mrs. Hurd, \$2.00; Mr. Heald, 25c; F. O. Johnson, \$1.50; Cora Jackson, 25c; Alma Kunde, \$1.00; Mrs. J. H. Lane, 25c; Mrs. L. M. Lesesne, 75c; Sophy Larson, \$2.00; J. H. Lane, \$1.00; Mrs. C. E. Lewis, 25c; Duncan McEachern, \$1.00; D. W. C. McNett, \$1.00; M. O. Nelson, 25c; Mrs. Elizabeth Nuding, 50c; J. A. Nelson, \$1.50; Eddie Nelson, 25c; Emma Nicola, 50c; Johnny Nicola, 5c; R. Roy Nickles, \$4.50; Henry C. Norton, \$1.00; Mrs. Fred Nelson, 7c; Harriet Oberholzer, 25c; Mrs. T. Olson, \$1.00; Mrs. S. A. Orcutt, 25c; Mrs. Samuel Pratt, 25c; J. F. Peters, 25c; Sister, 50c; Will Rowe, 25c; A. G. Roberts, \$1.00; Mrs. L. Rocke, 25c; Ona M. Russell, 50c; Isalah Rhiner, 50c; Robert Reese-man 25c; Mrs. Wm. Ross, 10c; A. L. Randall, 25c; Mr. and Mrs. Rice, \$6.00; Miss Rich, \$1.00; E. Rouseau, 25c; Mrs. Bradford Smith, \$3.00; Mrs. Mary Sheldon, 10c; Mrs. Ben Snyder, \$1.25; Mrs. Elizabeth Smith, \$1.04; James Shackelford, \$1.00; Oscar Sather, 75c; Hope L. Spicer, 50c; Julia Sampson, 50c; Lucy Stanley, 10c; Mrs. J. J. Strode, 10c; Mrs. Chas. Thornton, 25c; J. L. Thompson, 10c; Mae Trambley, 25c; S. W. Van Doren, 75c; Mrs. Hilda Wright, \$1.00; Mrs. A. J. Wells, 25c; Mabel J. Walker, \$1.25; Mrs. C. Willeford, 75c; Hattie Wakefield, \$1.00; Cecil Wallen, 25c; Ses-sannah Wilson, 25c; Mrs. A. Wheelock, 25c; Ger-trude Wegmer, 25c; Nellie Weede, 25c; A. L. Whitman, 25c; Mrs. Bettie Wilcox, 30c; Mrs. Thomas Williams, 50c; C. C. Ward, 40c; Jessie Weiss, \$2.00; T. N. Whiffen, 50c; Mrs. F. C. White, 25c; Mrs. S. N. Young, \$5.00; Agnes V. Zoerb, 25c.

OUR DIRECTORY.

American Medical Missionary College, 2 and 4 33rd Place.

Chicago Branch Sanitarium, 28 33rd Place.

Chicago Medical Mission, 2 and 4 33rd Place.

Workingmen's Home, 1339 State street.

Life Boat Mission, 436 State street.

Life Boat Rest for Girls, 425 S. Clark Street.

American Medical Missionary Dispensary, 3558 Halsted Street.

Hygeia Dining Rooms, 5759 Drexel Avenue.

Life Boat Mission Dining Room, 436 State street.

Life Boat Mission Health Food Store, 436 State Street.

Life Boat Mission Dispensary, 436 State Street.

Chicago Medical Mission Health Food Store, 3314 Cottage Grove Avenue.

Those who are working for premiums can send us the subscriptions as fast as they get them. With each list of names a letter should be written, stating what premium you are expecting to get and asking that the number of names sent be credited to the sender.

SUMMARY, FEB., 1903.

WORKINGMEN'S HOME REPORT.

Penny lunches served	17,712
Lodgings given	6,125
Used free laundry	2,700

HOSPITAL REPORT.

Admitted to wards	16
Surgical operations	6
Gospel meetings held	60
Operations in eye, ear, nose and throat department	8

LIFE BOAT MISSION.

Meetings held	109
Attendance at meetings	2,570
Testimonials given	654
Requests for prayer	237
Testaments distributed	150
Lodgings given (10c each)	35
Meals given to poor	180
Garment given away	210
Life Boats sold and given	1,300
Professed conversions	175
Missionary visits	20

LIFE BOAT MISSION DISPENSARY.

Office treatments	58
Bath treatments	18
Outside calls	20
Operations	1
Outside treatments	1
Consultations	83

HALSTED STREET DISPENSARY.

New patients	95
Outside calls	373
Consultations	340
Office treatments	182
Outside treatments	210
Bath room treatments	127
Operations	11
Garments given away	333

"THOUGHTS OF EDEN" and "THE SONG OF THE ANGELS."

Price, 10c Each.

Two beautiful songs with the accompaniments for piano or organ. Send your order to Otto Lundell, room 770, 324 Dearborn St., Chicago, Ill.

BOOKKEEPING AT HOME!!

Complete course only \$5.00. Write for particulars to
Fireside Accounting Institute,
 Battle Creek, Mich.

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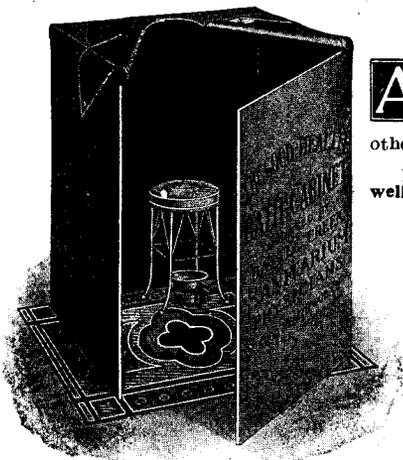
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Only \$5.

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A PORTABLE APPLIANCE for stimulating the activity of the skin by hot vapor, causing profuse perspiration. Beneficial for "breaking up a cold," "breaking chills," relieving soreness of the muscles, rheumatism, inactivity of skin, diabetes, and disorders of the liver, kidneys, and other chronic ailments.

Full directions for use sent with each cabinet. Our cabinet is well made, and we guarantee satisfaction in every way.

The New Good Health Bath Cabinet

sold by the Good Health Publishing Company, is the only cabinet indorsed or used by the physicians of the Battle Creek Sanitarium.

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ORDER TO-DAY.

Only \$5. Write for descriptive circulars with full information. Only \$5.

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We have a good proposition to make to agents.

Washing Made Easy.

The old fashioned way of washing clothes makes Monday a day dreaded by all housewives. Why continue this drudgery?

The Champion Washing Tablets

Are a wonderful invention far ahead of the wash-board and washing machines. They will remove the dirt without rubbing; contain no acid. Warranted not to injure the hands or the most delicate materials and guaranteed to do the washing better, cleaner, cheaper, and quicker than any other preparation in the market.

The saving in Clothes, Time, Fuel, Money, Labor and Health, more than pay for their cost.

Send ten cents for samples and prove the truthfulness of the above statements.

I have a good proposition to make to Agents.

Address **W. L. SIMS,**
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General and Local Agents wanted everywhere.



To the West

The North-Western Line is the only double track railway from Chicago to the Missouri River.

The double track is now completed between Chicago and Council Bluffs. Four fast trains each way daily between Chicago and Omaha, three trains daily to the Pacific Coast and two to Denver.

A double track railway across the western prairies means a great deal of history-making, empire-building, American energy.

The story of the western country and of the Pioneer Line that has played so great a part in its progress is interestingly told in a booklet which will be sent on receipt of a two-cent stamp to pay postage.

W. B. KNISKERN, GEN'L PASS'R & TKT. AGT.
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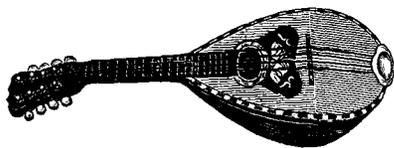
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FOR FIFTY NEW SUBSCRIBERS we offer a seven-jeweled, gold-filled watch, ten-year guarantee case, beautiful design, with famous Seth Thomas movement. We will furnish the same style in coin silver hunting case.



FOR FORTY NEW SUBSCRIBERS we offer "The Jupiter" Guitar, standard size. Dark Mahogany finish back and sides, hand polished, spruce top; fancy colored wood inlaying around sound hole, edge inlaid with fancy colored woods and bound with celluloid, neck Mahogany finish, finger-board with pearl position dots, nickel-plated patent head, metal tail-piece, nickel-plated, strung with steel strings. **Price, \$7.00.** Express charges extra.



FOR FORTY NEW SUBSCRIBERS we offer "The Jupiter" Mandolin. Ribs, dark Mahogany finish with black inlaying between, broad, fancy colored wood inlaying around sound-hole and edge, celluloid bound, high varnish finish, spruce top, Mahogany finish neck, rosewood finger-board and tortoise celluloid guard plate, pearl position dots, nickel-plated patent head, nickel shell pattern tail-piece. **Price, \$7.00.** Express charges extra.

FOR TWENTY-FIVE NEW SUBSCRIBERS we offer a beautiful set of sterling silver-plated knives and forks.

FOR FIFTEEN NEW SUBSCRIBERS we offer a first-class gold-pointed fountain pen.

FOR TEN NEW SUBSCRIBERS we offer a handsome set of nut picks and cracker.

FOR FIVE NEW SUBSCRIBERS, a complete stamping outfit, consisting of complete alphabets, numerals, etc., of rubber type. It will be found useful for marking linen, printing cards, etc. Something all children will appreciate.

FOR FIVE SUBSCRIBERS we offer a child's set, consisting of a knife, fork and spoon, and a small pair of scissors.

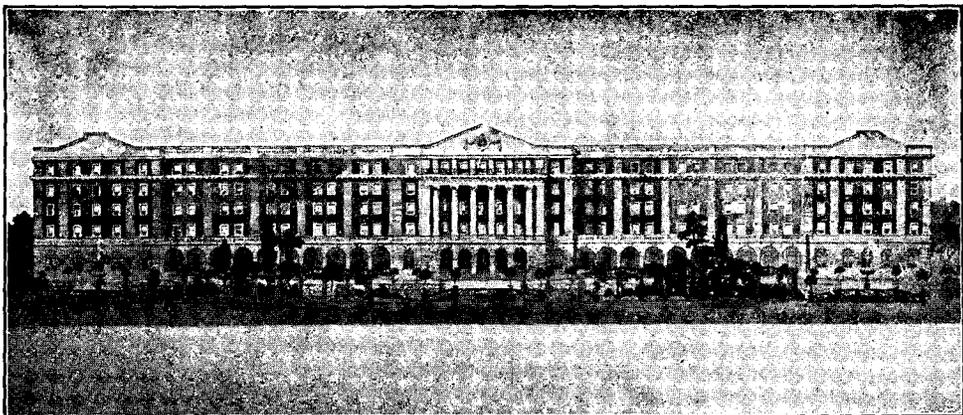
FOR FIVE NEW SUBSCRIBERS we will give a year's subscription to *THE LIFE BOAT*.

FOR ONE NEW SUBSCRIBER we will send the vest pocket edition of either one of the Gospels, or book of Acts or Romans. They will please you.

FOR ONE NEW SUBSCRIBER we will send the booklet, "My First Drink and My Last," by S. H. Hadley, Supt. of Jerry McAuley Mission, New York.

Or "The Miracle of My Conversion," by Col. H. H. Hadley.

Or both for two new subscribers.



Battle Creek Sanitarium Food Company

CHOICE CEREAL PRODUCTS AND CANNED GOODS.

Battle Creek, Mich., March 1, 1903.

Mr. Thinking Man,
Somewhere,

Dear Sir: Anywhere.

We have prepared a **General Sanitar Bulletin** which will tell you all about our **Health Foods**, and our 30 years of experience in making them. It will tell you the whys and wherefores as discovered by the Battle Creek Sanitarium.

It will pay you to read it.

BESIDES, in the booklet are Special-Offer Coupons which will permit you to secure a well-selected Trial Order--sent prepaid, at a very low price. Cut off Coupon and send it in an envelope. Mail it TO-DAY.

Yours truly,

BATTLE CREEK SANITARIUM FOOD CO.

CUT ALONG HERE.

BATTLE CREEK SANITARIUM FOOD CO., _____ 1903.
Battle Creek, Mich.

Gentlemen: Please mail me Free Brochure described in The Life Boat, and oblige,

DEPT. 4.